

Cookbook for ADMIN TEMPLATE ELEMENTARY

Created by HPS Menu Planner

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Apple

Sliced Apples

Banana

Pears

Orange

Blueberries

Strawberries

Frozen Fruit Cups

ASSORTED FRUIT AND JUICE

ASSORTED FRUIT

Apple Sauce

Canned Peaches

Canned Pineapple

Canned Pears

Canned Mandarin Oranges

ASSORTED VEGETABLES & SIDE SALAD

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Mini Bagel & Cinnamon Cream Cheese

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Bone In Chicken Wings w/ Roll

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Breakfast for Lunch

Chicken and Noodles

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Pizza Burger

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Chicken Sliders

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Chicken and Cheese Quesadillas

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Mango

PEANUT BUTTER JELLY SANDWICH

Blueberry Nutrigrain Bar

Apple Cinnamon Nutrigrain Bar

Strawberry Nutrigrain Bar

Apple Fruedel

Cherry Fruedel

Froot Loops Cereal

Cinnamon Toast Crunch Cereal

Rice Chex Cereal

Cheerios Cereal

Golden Grahams Bar

Strawberry Cheerios Bar

Cinnamon Toast Bar

Trix Bar

Cocoa Puffs Bar

Cinnamon PopTart

Strawberry PopTart

Blueberry PopTart

Italian Lemon Chicken

ASSORTED CEREAL

ASSORTED POP TARTS

ASSORTED NUTRIGRAIN BARS

ASSORTED CEREAL BARS

ASSORTED VEGETABLES

UBER

Sweet Potato Fries

Green Beans

Breakfast Tornado

ASSORTED CEREAL & BREAKFAST BARS

Breaded Chicken Tenders

Strawberry Chocolate Chip Overnight Oats

Chicken & Noodles

Chicken Parmesan Pasta

Smothered Burrito

Loaded Taco Potato

Loaded Taco Fries

Bacon Cheeseburger

Fiesta Bar

Peppers & Onion mix

Chicken Fajitas

Beef Nachos

Chicken Nachos

Chili Cheese Dog

Mashed Potato Chicken Bowl

Mashed Potatoes

Green Beans

Turkey Gravy

Stuffing Mix

THANKSGIVING MEAL

Country Fried Chicken & Mash

Latin Chicken

Cuban Black Beans & Rice

THANKSGIVING MEAL-

Hawaiian Dinner Roll -Thanksgiving

RUNZA

VEGETARIAN RUNZA

Chicken 'n Noodles

Fortune Cookie

Grilled Chicken Bacon Ranch Sandwich

Chicken Teriyaki Dumplings

Pretzel Rods with Cheese Sauce

Chicken Gyro

Orange Chicken with Rice

Pesto Chicken Flatbread

Inferno Burger

BRUSCHETTA PASTA ROSA

Thai Chicken Pizza

Cheesy Broccoli

Macaroni & Cheese

Walking Tacos

Walking Tacos

Cheese Ravioli w/ Italian Meatballs

Garlic Bread

French Toast with Sausage

Hot Honey BBQ Beef Rib Sandwich

Chicken Biscuit Sandwich

Sausage Pancake Wrap

Cinnamon Sticks

Griddlecake

Berry Scone

Pizza Crunchers

Egg Bites

Fiesta Box

Muffin & Yogurt Bento Box

Santa Fe Salad

Breakfast Paco

Hummus Bento Box

Baked Fries

Vegetarian Beef Nachos

Grilled Cheese Sandwich

Beef Nachos w/ Shredded Cheese

Vegetarian Beef Nachos w/ Shredded Cheese

BLACK BEAN BURGER

Fresh Carrots

Fresh Celery

Fresh Bell Peppers

Fresh Broccoli

Fresh Mixed Vegetables

Egg Salad Sandwich

Vegetarian Beef Nachos

Breakfast Box

Caprese Pasta Salad

Italian Sub

Chicken Tikka Masala w/ Pita

Mumbai Rice

Caprese Sandwich

Chicken Caesar Wrap

Stromboli

Bibimbap Bowl

Buffalo Chicken Sandwich

Pasta & Meatballs

WG Flatbread

Roasted Brown Sugar Winter Squash

Roasted Delicata Parmesan Squash

Roasted Apple and Squash

Strawberry Shortcake Dessert

Breaded Fish Sticks

Breaded Fish Nuggets

Breaded Fish Fillet Sandwich

NSBW 24 DONUT BAR

NSBW 24 BREAKFAST SANDWICH

NSBW 24 BREAKFAST SCRAMBLE

NSBW 24 BREAKFAST SUNDAE

Chicken Caesar Wrap

Veggie Entree Salad

Beef Dippers on Mash & Pretzel

Breaded Fish Fillet Sandwich

Pizza Pack

Spicy Chicken Wrap

Breaded Fish Sticks

Breaded Fish Sticks

Roasted Delicata Parmesan Squash

Breaded Fish Sticks

NSBW 24 BREAKFAST TACOS

Breaded Fish Sticks

NSBW 24 DONUT HOLES

Breaded Fish Nuggets

Breaded Fish Sticks

NSBW 24 BREAKFAST SANDWICH

NSBW 24 BREAKFAST SCRAMBLE

NSBW 24 BREAKFAST SUNDAE

NSBW 24 BREAKFAST TACOS

NSBW 24 DONUT BAR

NSBW 24 DONUT HOLES

Yogurt Parfait

Yogurt Parfait

Yogurt Parfait

Boulder Valley Refried Beans

Pinto Beans with Salsa

Refried Beans

Refried Beans

Three Bean Salad

Greek Chicken Salad

Chicken Cheesy Caribbean with Rice & Beans

Pork Riblet Sandwich

Parmesan Roasted Asparagus

DOMINO'S Cheese Pizza

DOMINO'S Pepperoni Pizza

Cinnamon Apples

Cinnamon Apple Crisp

Greek Seasoning Blend

Jambalaya with Shrimp

Pasta & Meatballs

Jambalaya

Big Daddy Bacon Cheeseburger Pizza

Big Daddy Bacon Cheeseburger Pizza

GLOBAL MEAL Sweet Thai Chili Ramen Bowl

Fruit Salsa

Churro Chips

Breaded Fish Sticks & Mac & Cheese

Asian Sesame Chicken Wrap

Garden Wrap

Cheese Calzone

JOE FRITOS SAMMY

Mozzarella Sticks

Egg Roll & Pot Stickers

Pinwheel Pepperoni Pizza

Pinwheel Cheese Pizza

Chicken Ramen Bowl

Breaded Chicken Sandwich

Big Daddy Cheese Pizza

Big Daddy Pepperoni Pizza

Chicken and Waffles

Chicken and Waffles

Impossible Burger

PEANUT BUTTER GRAPE JELLY SANDWICH

PEANUT BUTTER STRAWBERRY JELLY SANDWICH

Crispy Chicken Salad

Chef Salad

Asian Teriyaki Salad

Muffin & Yogurt Bento Box

Deli Box Meal

Pancake & Egg Scramble

Yogurt Crunch Pie

Breakfast Burrito

Fruity Waffle

Sweet Thai Chili Ramen Bowl

Sweet Thai Chili Ramen Bowl

Croutons

Bosco Sticks with Marinara

Hamburger

Cheeseburger

Beef Nachos

Chicken Nachos

Vegetarian Beef Nachos

Spicy Chicken Sandwich with Toppings

Grilled Chicken Bacon Swiss Sandwich

Empanada

Buffalo Chicken Sandwich

Cheese Crunchers

Smothered Burrito

Hashbrown Breakfast Bowl

Balanced Box

Spicy Chicken Wrap

Chicken Caesar Wrap

Waffles and Sausage Sandwich

CALZONETTES-BEEF PEPPERONI

French Toast and Sausage

Pancake with Sausage

French Bread Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39529

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH BRD WGRAIN GARL CHS	1 Each	BAKE FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Not ready to eat. Cook before serving. Prepare from frozen state. PREHEAT OVEN. ARRANGE PIZZAS IN A SINGLE LAYER ON PARCHMENT LINED SHEET PAN. CONVECTION OVEN: 375°F, LOW FAN for 17 - 19 MINUTES CONVENTIONAL OVEN: 400°F for 18 - 20 MINUTES NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.	154371

Preparation Instructions

PREHEAT THE CONVECTION OVEN TO 375F.

PRODUCT MUST BE COOKED FROM A FROZEN STATE FOR BEST RESULTS.

PLACE FROZEN PIZZAS IN 18" X 26" X 1/2" BUN PAN.

CONVECTION OVEN: 375F FOR 10 TO 13 MINUTES.

NOTE: OVEN TEMPERATURE AND TIMES MAY VARY DUE TO OVEN LOAD AND/OR PRODUCT TEMPERATURE.

REFRIGERATE OR DISCARD ANY UNUSED PORTION.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Food Component Equivalents: 2 oz. Meat/Meat Alternate& 2 oz. Grain/Bread

SERVE 1 EACH PER SERVING

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	320.00
Fat	15.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	530.00mg
Carbohydrates	29.00g
Fiber	2.00g
Sugar	4.00g
Protein	18.00g
Vitamin A 50.00IU	Vitamin C 0.00mg
Calcium 330.00mg	Iron 2.10mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Peanut Butter Jelly Dippers

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39532

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD WGRAIN 6IN 2.2Z	1 Each	cut into 4 pieces	644182
PEANUT BUTTER CUP	2 Each		522141
JELLY GRP	2 Each		503233

Preparation Instructions

Cut thawed flatbread into 4 pieces. Place flatbread, 2 peanut butter cups & 2 grape jelly packs in container.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	490.10		
Fat	25.00g		
SaturatedFat	3.90g		
Trans Fat	0.06g		
Cholesterol	0.00mg		
Sodium	513.50mg		
Carbohydrates	58.00g		
Fiber	6.70g		
Sugar	18.00g		
Protein	15.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	47.31mg	Iron	2.18mg

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Nutrition - Per 100g

No 100g Conversion Available

Turkey Deli Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39534

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	3 Ounce		689541
CHEESE AMER 160CT SLCD R/F	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
24 oz. Whole Grain Rich Sandwich Bread	2 Slice		1292

Preparation Instructions

Assemble sandwich with 3oz turkey, 1 slice American cheese and two slices of bread.

CCP: Cold foods held for later service must not exceed a maximum internal temperature of 41F.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	257.76
Fat	5.03g
SaturatedFat	1.77g
Trans Fat	0.00g
Cholesterol	48.88mg
Sodium	835.52mg
Carbohydrates	25.00g
Fiber	2.00g
Sugar	2.50g
Protein	28.12g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 104.00mg	Iron 8.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39536

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD 2.25Z 6-5 JTM	1 Each	BAKE FROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM.	655482
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474
CHEESE AMER 160CT SLCD R/F R/SOD	1 Slice		189071

Preparation Instructions

Cook hamburger patty from frozen at 350F for 9-11 minutes, or from thawed 350F for 5-7 minutes.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	315.50
Fat	13.60g
SaturatedFat	5.15g
Trans Fat	0.58g
Cholesterol	43.50mg
Sodium	496.40mg
Carbohydrates	27.00g
Fiber	2.80g
Sugar	4.00g
Protein	21.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 124.50mg	Iron 9.44mg

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Nutrition - Per 100g

No 100g Conversion Available

Calzone Italian Beef Pepperoni

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39537

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE ITAL BEEF PEPP WGRAIN	1 Each		135191

Preparation Instructions

Bake thawed calzone in oven at 350F for 10-12 min. Cooked product should be golden brown.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	350.00
Fat	14.00g
SaturatedFat	7.00g
Trans Fat	0.50g
Cholesterol	40.00mg
Sodium	540.00mg
Carbohydrates	26.00g
Fiber	1.00g
Sugar	6.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 369.00mg	Iron 2.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Mini Chicken Corn Dogs

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39538

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX MINI WGRAIN L/F	6 Each		660850

Preparation Instructions

Bake in oven at 350F for 8-10 minutes.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving

Calories	260.00
Fat	12.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	470.00mg
Carbohydrates	30.00g
Fiber	1.00g
Sugar	5.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.00mg	Iron 2.20mg

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Nutrition - Per 100g

No 100g Conversion Available

Peas & Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39539
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS CARROT	1/2 Cup		285730

Preparation Instructions

Place vegetables in a 4" full size pan. Cook in steamer until vegetables are crisp-tender, approximately 5.7 minutes. CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	37.31		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	14.93mg		
Carbohydrates	7.46g		
Fiber	2.24g		
Sugar	2.99g		
Protein	1.49g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.52mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	32.90		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	13.16mg		
Carbohydrates	6.58g		
Fiber	1.97g		
Sugar	2.63g		
Protein	1.32g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.46mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Mixed Green Salad

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39544
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE	1 Cup		583371
CUCUMBER SELECT	1/8 Slice		592323
TOMATO GRAPE SWT	3 Each		129631

Preparation Instructions

Combine all ingredients.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.200
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	6.14		
Fat	0.08g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.70mg		
Carbohydrates	1.33g		
Fiber	0.41g		
Sugar	0.95g		
Protein	0.30g		
Vitamin A	281.58IU	Vitamin C	4.64mg
Calcium	3.44mg	Iron	0.09mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Tenders

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39651

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC	3 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951

Preparation Instructions

Bake Chicken Tenders from frozen at 375F for 6-8 minutes.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

Amount Per Serving

Calories	260.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	390.00mg		
Carbohydrates	16.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	36.00mg	Iron	2.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Cheese Ravioli with Garlic Breadstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39656

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS JMBO WGRAIN CN	4 Each	<p>BOIL STOVETOP BOILING: (Preferred Method): Place 1 pound frozen ravioli into boiling water (3 quarts water per pound of ravioli). Cook uncovered for 6 minutes, stirring occasionally. Cook until reaching a minimum internal temperature of 165°F for at least 15 seconds. Carefully drain.</p> <p>CONVECTION CONVECTION OVEN: Distribute 3 cups of room temperature, canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray. Place 1 bag (approximately 5.2 pounds) of frozen ravioli in pan and cover with 5 cups room temperature, canned sauce. Stir to distribute sauce evenly. Cover pan tightly with aluminum foil. Bake in preheated 375°F convection oven (high fan setting) for 50 minutes. Cook until reaching minimum internal temperature of 165°F for at least 15 seconds.</p>	553982
SAUCE MARINARA A/P	4 Ounce	<p>HEAT_AND_SERVE Heat & Serve</p> <p>MIX Heat & Serve</p> <p>READY_TO_DRINK Heat & Serve</p> <p>READY_TO_EAT Heat & Serve</p> <p>UNPREPARED Heat & Serve</p> <p>UNSPECIFIED Heat & Serve</p>	592714
DOUGH BREADSTICK CHS GARL	1 Each	<p>BAKE Break apart sticks. Place on greased sheet pan 1 2 inch apart. Let sticks rise until double to triple in size. Bake in a preheated 325 degree (convection) oven for 7-10 minutes or until light golden brown. Remove from oven, remove sticks from pan to cool on wire rack.</p>	761830

Preparation Instructions

BOIL OR STEAM RAVIOLI IN SAUCE

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	385.98
Fat	9.05g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	73.33mg
Sodium	1085.29mg
Carbohydrates	51.02g
Fiber	5.51g
Sugar	9.26g
Protein	23.51g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 204.31mg	Iron 3.81mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Vegetarian Baked Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39660
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED VEGTAR	1/2 Cup		570710

Preparation Instructions

Place beans in hotel pan and heat in Combi steamer, uncovered, until reaching a minimum temperature of 165F. CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	150.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	550.00mg		
Carbohydrates	30.00g		
Fiber	5.00g		
Sugar	12.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	1.90mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	132.28		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	485.02mg		
Carbohydrates	26.46g		
Fiber	4.41g		
Sugar	10.58g		
Protein	6.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.09mg	Iron	1.68mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Smiley Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39681
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO SMILES 26/	2 2/5 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE THIRD FULL (1 LB) WITH FROZEN PRODUCT. DEEP FRY @ 350° F FOR 2 TO 2 1/2 MINUTES.	228818

Preparation Instructions

PREHEAT OVEN TO 425°F. SPREAD PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. FOR BEST RESULTS, COOK FROM A FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO A LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.205

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

Amount Per Serving

Calories	128.53		
Fat	4.82g		
SaturatedFat	0.80g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	184.77mg		
Carbohydrates	20.08g		
Fiber	1.61g		
Sugar	0.00g		
Protein	1.61g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.03mg	Iron	0.40mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Veggie Pack cucumber / carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39683
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SELECT	1/4 Cup		592323
CARROT BABY WHL PETITE	1/4 Cup		768146

Preparation Instructions

Slice Cucumber and Red Peppers. Combine in a Veggie Pack.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41 DEGREES F

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	16.28		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	24.50mg		
Carbohydrates	3.81g		
Fiber	1.18g		
Sugar	1.90g		
Protein	0.35g		
Vitamin A	13.65IU	Vitamin C	0.37mg
Calcium	13.10mg	Iron	0.04mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Veggie Pack red pepper / broccoli

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39712

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED DOMESTIC	1/4 Cup		560715
BROCCOLI CRWN ICELESS	1/4 Cup		704547

Preparation Instructions

Slice Red Peppers and cut Broccoli into bitesize pieces. Combine in a baggie.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 41 DEGREES F

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	17.23
Fat	0.13g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	8.20mg
Carbohydrates	4.00g
Fiber	1.00g
Sugar	2.00g
Protein	0.95g
Vitamin A 1141.67IU	Vitamin C 78.43mg
Calcium 13.75mg	Iron 0.32mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Roll

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40081

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Whole Grain Rich Clustered Pan Rolls	1 roll	BAKE Toast to desired color	3920

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	80.00
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	135.00mg
Carbohydrates	15.00g
Fiber	0.00g
Sugar	2.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Spaghetti and Meatsauce

Servings:	50.00	Category:	Entree
Serving Size:	1.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-40082

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN	6 Pound 4 Ounce (100 Ounce)		221460
SAUCE SPAGHETTI FCY	3 Pound 2 Ounce (50 Ounce)	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	17 Pound 8 Ounce (280 Ounce)	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	573201
SHORTENING LIQ CANOLA CLR FRY	4 Fluid Ounce 1 0 Teaspoon (25 Teaspoon)	READY_TO_EAT This ready-to-use clear canola fry shortening simplifies back-of-house prep and can be used for all of your back-of- house deep frying needs.	255831
Water	1 Gallon 2 Quart 1 Cup (25 Cup)	READY_TO_DRINK	Water

Preparation Instructions

Cook Spaghetti: Combine dry pasta and boiling water in a 4" full size hotel pan. Cook in steamer for. All the water will absorb, and the pasta will not need drained.

Thaw meat sauce out of the box overnight. On day of service place meat sauce bag in steamer for 45 minutes or until it reaches an internal temp of 165 degrees F or more.

Mix heated meat sauce and tomato sauce, bring up to temp again if needed.

Serve 8oz spaghetti using a pasta tong, and top with one #8 scoop (4oz) meat sauce mix.

Tip: Fill an 8oz measuring cup with noodles to correctly visualize what that looks like.

Tip: Do not have your warm wells on too high or the pasta will dry out.

Provides 2mma eq., 2 grain eq., .75 red/orange.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.300
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.50 Cup

Amount Per Serving

Calories	388.67
Fat	10.33g
SaturatedFat	2.97g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	396.67mg
Carbohydrates	52.50g
Fiber	6.83g
Sugar	11.67g
Protein	22.83g
Vitamin A 647.00IU	Vitamin C 19.00mg
Calcium 59.83mg	Iron 4.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Omelet with Turkey Bacon

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-40083

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET SCRMBD COLBY CHS 144-2.1Z	1 Each		426985
BACON TKY CKD	2 Slice		834770

Preparation Instructions

Bake Omelet in convection oven or Combi oven until reaching temperature of 165 F or more and the edges are golden in color.

CONVECTION OVEN: PREHEAT OVEN TO 350°F. PLACE 16 SLICES OF BACON ON A COOKIE SHEET IN A SINGLE LAYER. PLACE RACK IN CENTER OF OVEN. HEAT FOR 1-2 MINUTES. REMOVE AND SERVE

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Food Component Equivalents: 2 oz. Meat/Meat Alternate

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	162.86
Fat	12.86g
SaturatedFat	4.21g
Trans Fat	0.00g
Cholesterol	177.50mg
Sodium	521.43mg
Carbohydrates	1.00g
Fiber	0.00g
Sugar	0.00g
Protein	10.57g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 83.00mg	Iron 1.13mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Mini Muffin

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40084

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

Thaw and serve one muffin with Cheesy Omelet & Turkey Bacon.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	0.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	0.00g
Fiber	0.00g
Sugar	0.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Stuffed Cheese Stick with Marinara

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40085

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 2.1Z	2 Each	<p>BAKE COOKING INSTRUCTIONS FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. Cook before serving. Prepare from frozen state. Oven Type Convection Preheat oven to 350°F, low fan. Place two frozen breadstick sheets on parchment lined full sheet pan. Bake for 13-15 minutes. Conventional Preheat oven to 350°F. Place one frozen breadstick sheet on parchment lined half sheet pan. Bake for 26-28 minutes. NOTE: Due to variances in oven regulators, cooking times and temperature may require adjustments. Refrigerate or discard any unused portion.</p>	232930

Preparation Instructions

Bake Cheese Stuffed Breadstick to an internal temperature of 165 F.

Offer one marinara cup with meal.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving	
Calories	244.00
Fat	9.20g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	411.80mg
Carbohydrates	25.00g
Fiber	1.70g
Sugar	4.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 302.50mg	Iron 1.60mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Hot Dogs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40092

Ingredients

Description	Measurement	Prep Instructions	DistPart #
6" Whole Grain Rich Hot Dog Bun	1 Each		3709
FRANKS TKY UNCURED 2Z	1 Each		656882

Preparation Instructions

FULLY COOKED, CAN BE STEAMED, GRILLED, OR OVEN HEATED (10-14min), HEAT TO 165 DEG F. INTERNAL FOR MINIMUM OF 15 SECONDS, HOLD ABOVE 140 DEG F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	240.00
Fat	11.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	450.00mg
Carbohydrates	21.00g
Fiber	0.00g
Sugar	3.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 9.00mg
Calcium 40.00mg	Iron 0.72mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Teriyaki Chicken Rice Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40093

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYAKI	3 Ounce		890911
RICE BROWN WGRAIN	1/4 Cup		231059

Preparation Instructions

BASIC HEATING INSTRUCTIONS PER (1) 7.15 LBS CHICKEN WITH SAUCE: OVEN (RECOMMENDED): PRE-HEAT OVEN TO 350F (CONVECTION) 400F (CONVENTIONAL). PLACE CHICKEN ON A SHEET PAN. BAKE IN OVEN FOR 18-20 MINUTES UNTIL IT REACHES 165F, STEAMY HOT. REDUCE TIME TO 6-8 MINUTES IF PRODUCT IS FULLY THAWED.

Rice. Boil water.

Pour rice in a full size 4" hotel pan. Add boiling water, cover and put in combi oven until rice is tender and the water is absorbed. .5 cup uncooked = 1 cup cooked rice (2grain)

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	307.37		
Fat	6.76g		
SaturatedFat	1.05g		
Trans Fat	0.00g		
Cholesterol	68.42mg		
Sodium	389.47mg		
Carbohydrates	41.37g		
Fiber	1.00g		
Sugar	7.37g		
Protein	21.89g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.53mg	Iron	1.14mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Rice

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40094

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BROWN WGRAIN	1 Cup	4 oz dry is 1 cup prprd	231059

Preparation Instructions

Oven: Combine rice, hot water, salt and butter in a shallow pan, and stir. Cover and bake in a 350 degree F oven, until most of the water is absorbed. Remove from oven and keep warm. Fluff with fork before serving. Steamer: Combine rice, hot water, salt and butter (optional) in a steam table pan, and stir. Cover and steam according to manufacturer's directions, or until most of the water is absorbed. Remove from steamer and keep warm. Fluff with fork before serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	640.00		
Fat	6.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	136.00g		
Fiber	4.00g		
Sugar	0.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.20mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Teriyaki Breaded Chicken Rice Bowl

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40101

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	600 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen.	327120
SAUCE TERYK MRND LO SOD	6 Pound 4 Ounce (100 Ounce)	CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	176721

Preparation Instructions

CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

Once Chicken is cooked, mix it with the Teriyaki Sauce and serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	340.91
Fat	14.18g
SaturatedFat	2.73g
Trans Fat	0.00g
Cholesterol	21.82mg
Sodium	2241.84mg
Carbohydrates	39.27g
Fiber	3.27g
Sugar	19.09g
Protein	21.27g
Vitamin A	118.91IU
Vitamin C	0.00mg
Calcium	39.27mg
Iron	2.38mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Waffles and Sausage

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40102

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL IW	1 Package		284811
SAUSAGE PTY TKY CKD 1Z	1 Each		184970

Preparation Instructions

Heat and serve

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	250.00
Fat	9.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	300.00mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	11.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 260.00mg	Iron 3.96mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

French Toast and Sausage

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40103

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 140-1.1Z	3 Each	READY_TO_EAT Conventional Oven; Frozen: In a 350F oven bake for 10-12 minutes. Convection Oven; Frozen: In a 350F oven bake for 10-12 minutes. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	190021
SAUSAGE TKY LNK BKfst CKD	2 Each	GRILL This is a raw product. This product is not ready to eat. It is designed to be heated to 165°F before serving. Verify temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Flat Grill Preheat to 350°F. Place frozen portion on grill. After the portion has cooked through about half its thickness, approximately 1-2 minutes, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasoning. Continue to cook the meat another 1-3 minutes. Meat should have a firm, cooked appearance.	352740
SYRUP PANCK DIET CUP	1 Each		666785

Preparation Instructions

French toast sticks:

Bake in convection Oven; Frozen: In a 350F oven bake for 10-12 minutes.

For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.

Sausage Links:

Bake in convection oven: Frozen: in a 350F oven, bake for 10-12 minutes or until it reaches a temperature of 165F or higher.

Bake in Combi oven: Frozen: in a 350F bake & 50% steam for 10-12 minutes or until it reaches a temperature of 165F or higher.

Serve 3 French toast sticks with two sausage links and one each syrup cup per serving.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	390.00		
Fat	16.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	70.00mg		
Sodium	550.00mg		
Carbohydrates	46.00g		
Fiber	2.00g		
Sugar	14.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.60mg	Iron	1.42mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nuggets 10 pc

Servings:	1.00	Category:	Entree
Serving Size:	10.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40105

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD HMSTYL WGRAIN	10 Each	CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen chunks on a parchment lined baking sheet and heat for 6-8 minutes.	394053

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 10.00 Piece

Amount Per Serving

Calories	257.14		
Fat	12.86g		
SaturatedFat	2.14g		
Trans Fat	0.00g		
Cholesterol	57.14mg		
Sodium	485.71mg		
Carbohydrates	14.29g		
Fiber	1.43g		
Sugar	0.00g		
Protein	22.86g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.43mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nuggets

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40106

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN FC .7Z	5 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	281831
SAUCE CHICKEN DIPPIN CUP	1 Each		353566

Preparation Instructions

Place nuggets on a sheet pan lined with parchment paper and bake until it reaches an internal temperature of 165 degrees F or more.

CONVECTION OVEN: 6-8 MINUTES AT 375 degrees F FROM FROZEN.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	370.00
Fat	26.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	575.00mg
Carbohydrates	22.00g
Fiber	3.00g
Sugar	6.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Pancake with Sausage

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40135
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
SAUSAGE PTY TKY CKD 1Z	1 Each		184970
SYRUP PANCK DIET CUP	1 Each		666785

Preparation Instructions

Confetti Pancake:

Convection Oven: Preheat oven to 350 degrees F.

Place frozen pouches, picture side up, in a single layer on lined baking sheet.

Heat for 9-10 minutes.

Do not exceed 350 degrees F.

Do not allow pouches to contact any interior oven surfaces.

Bake times will vary by oven load and type.

Pull pouch apart carefully to remove heated product

Turkey Sausage:

Convection Oven: Preheat oven to 350 degrees F.

Place frozen sausage in a single layer on lined baking sheet.

Heat for 9-10 minutes.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	290.00		
Fat	11.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	170.00mg		
Carbohydrates	40.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40136
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN ENG WGRAIN SLCD 2Z	1 Each	READY_TO_EAT Handling Instructions: Product will arrive frozen. Store in the freezer. Thaw the amount you want to use at room temperature for 3-4 hours or under refrigeration overnight. Make sure to close bakery bag on any unused product, as not to dry it out. Return unused product to the freezer. Do not refrigerate.	687131
EGG SCRMBD PTY RND GRLLD	1 Each		208990
SAUSAGE PTY TKY CKD 1Z	1 Each		184970
CHEESE AMER 160CT SLCD	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	280.00
Fat	13.50g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	117.50mg
Sodium	675.00mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	1.50g
Protein	18.00g
Vitamin A 32.73IU	Vitamin C 0.01mg
Calcium 186.50mg	Iron 1.96mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Veggie Pack Broccoli Cauliflower

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40145
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CRWN ICELESS	1/4 Cup		704547
CAULIFLOWER REG CUT	1/4 Cup		732494

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	13.98
Fat	0.13g
SaturatedFat	0.08g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	15.00mg
Carbohydrates	2.50g
Fiber	1.10g
Sugar	1.00g
Protein	1.15g
Vitamin A 141.73IU	Vitamin C 32.34mg
Calcium 16.19mg	Iron 0.27mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Chocolate Chip Overnight Oats

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40148
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS HEARTY KETTLE HOT	1 Gallon 1 Quart (20 Cup)		467278
MILK WHT FF	2 Quart 1 1/2 Cup (9 1/2 Cup)		557862
SUGAR BROWN LT	3 Fluid Ounce 1 Tablespoon (7 Tablespoon)		860311
YOGURT VAN L/F	1 Gallon 3 Quart 1 Cup (29 Cup)		541966
CHOC CHIPS SMISWT 1000/	6 Pound 4 Ounce (100 Ounce)		874523
Strawberries, Diced, Cups, Frozen	3 Gallon 1 Pint (50 Cup)	THAW Thaw under refrigeration prior to serving.	100256

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.500
Grain	0.750
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	209.06
Fat	1.99g
SaturatedFat	0.79g
Trans Fat	0.00g
Cholesterol	4.34mg
Sodium	51.38mg
Carbohydrates	43.45g
Fiber	3.60g
Sugar	27.26g
Protein	5.50g
Vitamin A 47.48IU	Vitamin C 0.00mg
Calcium 140.53mg	Iron 0.65mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Veggie Pack Carrots / Celery

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40150
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE	1/4 Cup		768146
CELERY STIX	1/4 Cup		781592

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	20.21		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	61.51mg		
Carbohydrates	4.43g		
Fiber	1.98g		
Sugar	2.47g		
Protein	0.74g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.78mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Veggie Pack Celery / Tomatoes

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40154
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX	1/4 Cup		781592
TOMATO CHERRY	1/4 Cup		169275

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	14.25		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	41.75mg		
Carbohydrates	3.00g		
Fiber	1.50g		
Sugar	2.00g		
Protein	0.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.50mg	Iron	0.09mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40160
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD 2.25Z 6-5 JTM	1 Each	BAKE FROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM.	655482
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	280.50
Fat	11.60g
SaturatedFat	3.90g
Trans Fat	0.58g
Cholesterol	36.00mg
Sodium	391.40mg
Carbohydrates	26.00g
Fiber	2.80g
Sugar	3.00g
Protein	17.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.00mg	Iron 9.44mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Turkey Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40164
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	3 Ounce		689541
CHEESE AMER 160CT SLCD	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	277.76
Fat	7.53g
SaturatedFat	3.02g
Trans Fat	0.00g
Cholesterol	53.88mg
Sodium	920.52mg
Carbohydrates	26.00g
Fiber	2.00g
Sugar	3.50g
Protein	26.62g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 87.50mg	Iron 8.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Pizza Pack

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40165
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4IN	2 Each	THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it! Use the product for slider buns, mini pizzas, tacos. The connector can be used for whole grain rich croutons for salad!	959048
PEPPERONI TKY SLCD 15/Z	1 3/10 Ounce	READY_TO_EAT Fully Cooked - Ready To Eat This item is fully cooked and is "Ready To Eat".	276662
CHEESE MOZZ SHRD	1/8 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
SAUCE MARINARA DIPN CUP	1 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.656
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	345.44
Fat	12.55g
SaturatedFat	3.30g
Trans Fat	0.00g
Cholesterol	47.19mg
Sodium	1106.33mg
Carbohydrates	38.49g
Fiber	2.00g
Sugar	9.50g
Protein	20.50g
Vitamin A 0.20IU	Vitamin C 0.06mg
Calcium 158.33mg	Iron 2.75mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Muffin & Yogurt Bento Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40166
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
MUFFIN BANANA WGRAIN IW	1 Each	MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours. MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed. THAW Store frozen until ready to use. Thaw overnight under refrigeration.	262362
CHEESE STRING MOZZ IW	1 Each	READY_TO_EAT Ready to eat.	786580
CRACKER GRHM ORIG WGRAIN	1 Package		282451

Preparation Instructions

may use 262343, 262370 muffins also

may use 869921 yogurt also

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	440.00
Fat	16.50g
SaturatedFat	5.50g
Trans Fat	0.10g
Cholesterol	30.00mg
Sodium	465.00mg
Carbohydrates	64.00g
Fiber	2.00g
Sugar	31.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 316.26mg	Iron 1.51mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Vegan Pepperoni & Cheese Bento Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40167
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERONI SLCD PLNTBSD	15 Slice		403548
PEPPERONI SLCD PLNTBSD	15 Slice		403548
CHEESE STRING MOZZ IW	1 Each	READY_TO_EAT Ready to eat.	786580
CRACKER CHEEZ-IT WGRAIN IW	1 Ounce		282422
CRACKER GLDFSH GRHM VAN	1 Each	READY_TO_EAT Ready to Enjoy	198472

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	519.54
Fat	30.18g
SaturatedFat	10.99g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	919.14mg
Carbohydrates	50.01g
Fiber	2.33g
Sugar	7.00g
Protein	15.84g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 335.47mg	Iron 7.17mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Egg, Cheese & Pretzel Bento Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40169
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW	1 Each	READY_TO_EAT Ready to eat.	786580
EGG HARD CKD PLD DRY PK	1 Each		853800
PRETZEL HEARTZELS	1 Package	READY_TO_EAT Ready to Eat	893711
CRACKER PRESIDENTS SMART	1 Ounce		159381

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	350.00
Fat	16.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	190.00mg
Sodium	520.00mg
Carbohydrates	41.00g
Fiber	4.00g
Sugar	9.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 255.00mg	Iron 2.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Impossible Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40170
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURGER PLNTBSD 2.78Z 2-28CT IMPBRGR	1 Each		330497
CHEESE AMER 160CT SLCD R/F R/SOD	1 Slice		189071
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	415.00
Fat	18.00g
SaturatedFat	9.25g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	705.00mg
Carbohydrates	35.00g
Fiber	5.00g
Sugar	4.00g
Protein	27.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 104.50mg	Iron 8.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40171
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
LETTUCE ROMAINE CHOP	1 Pint		735787
TOMATO ROMA DCD 3/8IN	1 Ounce		786543

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.300
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	265.00
Fat	13.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	460.00mg
Carbohydrates	20.00g
Fiber	5.33g
Sugar	3.67g
Protein	16.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.00mg	Iron 2.84mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken BLT Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40172
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD 3Z	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
LETTUCE ROMAINE CHOP	1 Pint		735787
TOMATO ROMA DCD 3/8IN	1 Ounce		786543
BACON TKY CKD	2 Slice		834770

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.300
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	187.86
Fat	5.36g
SaturatedFat	1.21g
Trans Fat	0.00g
Cholesterol	72.50mg
Sodium	541.46mg
Carbohydrates	6.00g
Fiber	2.33g
Sugar	2.67g
Protein	27.91g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 47.00mg	Iron 1.97mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40175
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST DCD	1 Ounce		451300
TURKEY HAM DCD 2-5 JENNO	1 Ounce	READY_TO_EAT Fully Cooked - Ready To Eat This product is fully cooked and is "Ready To Eat".	202150
CHEESE CHED MLD SHRD 4-5 LOL	1 Tablespoon	READY_TO_EAT Preshredded. Use cold or melted	150250
LETTUCE ROMAINE CHOP	1 Pint		735787
TOMATO ROMA DCD 3/8IN	1 Ounce		786543
PEPPERS GREEN LRG	1 Slice		592315
EGG HARD CKD PLD DRY PK	1/2 Each		853800

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.300
OtherVeg	0.130
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	137.44
Fat	6.04g
SaturatedFat	2.72g
Trans Fat	0.00g
Cholesterol	115.99mg
Sodium	342.35mg
Carbohydrates	7.39g
Fiber	2.65g
Sugar	3.67g
Protein	14.32g
Vitamin A 68.91IU	Vitamin C 15.64mg
Calcium 98.11mg	Iron 2.82mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potato Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-40188
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	3 1/4 Fluid Ounce	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120
GRAVY CHIX RSTD	1/4 Cup	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	516309
CHEESE CHED MLD SHRD 4-5 LOL	1/14 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

In a 1LB boat, add 1/2 cup (#8) scoop mashed potatoes. Top with 12 pc popcorn chicken, offer 1/4 cup corn, 1/4 cup gravy, garnish with 1/2 oz (weight) shredded cheddar.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	1486.71
Fat	31.70g
SaturatedFat	4.91g
Trans Fat	0.00g
Cholesterol	30.22mg
Sodium	5585.02mg
Carbohydrates	240.55g
Fiber	16.27g
Sugar	1.09g
Protein	43.95g
Vitamin A 118.91IU	Vitamin C 0.00mg
Calcium 227.99mg	Iron 6.28mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Walking Tacos w/ Cheese Sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40253
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	BOIL KEEP FROZEN. Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature.	722330
CHIP TORTL TOP N GO WGRAIN	1 Package	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	818222
SAUCE CHS QUESO BLANCO FZ	2 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722110

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.893
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.123
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	415.70
Fat	21.33g
SaturatedFat	8.49g
Trans Fat	0.01g
Cholesterol	62.12mg
Sodium	880.41mg
Carbohydrates	33.73g
Fiber	4.99g
Sugar	1.89g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 250.00mg	Iron 0.60mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40254
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	380.00		
Fat	15.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	690.00mg		
Carbohydrates	40.00g		
Fiber	5.00g		
Sugar	4.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	41.00mg	Iron	10.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich with Toppings

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40257
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOTSPCY BRD 3.75Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474
LETTUCE SHRD TACO 1/8CUT	1/8 Cup		242489
TOMATO 6X7 MED	1 Slice		315133
PICKLE DILL SLCD HAMB 2900CT	2 Slice		149209

Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 375 DEGREES F. BAKE CHICKEN BREASTS FOR 6-8 MINUTES.
 CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.
 CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.
 CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	349.40		
Fat	12.10g		
SaturatedFat	2.03g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	758.12mg		
Carbohydrates	36.01g		
Fiber	3.64g		
Sugar	5.42g		
Protein	24.40g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	21.80mg	Iron	9.12mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Impossible Burger with Toppings

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40258
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURGER PLNTBSD 2.78Z 2-28CT IMPBRGR	1 Each		330497
CHEESE AMER 160CT SLCD	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
LETTUCE SHRD TACO 1/8CUT	1 Ounce		242489
TOMATO 6X7 MED	1 Slice		315133
PICKLE DILL SLCD HAMB 2900CT	2 Slice		149209
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.100
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	444.40
Fat	20.60g
SaturatedFat	10.53g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	1023.12mg
Carbohydrates	37.01g
Fiber	5.64g
Sugar	4.92g
Protein	27.40g
Vitamin A 374.85IU	Vitamin C 6.17mg
Calcium 103.30mg	Iron 8.12mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Loaded Totchos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40261

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TATER TOTS R/SOD	9 Each		563840
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
SAUCE CHS QUESO BLANCO FZ	2 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722110
LETTUCE SHRD TACO 1/8CUT	1 Ounce		242489

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	339.93
Fat	18.14g
SaturatedFat	7.80g
Trans Fat	0.01g
Cholesterol	61.18mg
Sodium	917.21mg
Carbohydrates	22.99g
Fiber	4.08g
Sugar	3.07g
Protein	19.81g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 548.62mg	Iron 2.57mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger with Toppings

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40262

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY PREM CKD 3Z 6-4.875# JTM	1 Each	BAKE 1. Do not thaw.2. Lay out patties on an oven sheet pan in a single layer.3. Heat in a conventional preheated 350 degrees F oven for 12-14 minutes OR Heat in a convection preheated oven at 350 degrees F for 10-12 minutes.	547933
CHEESE AMER 160CT SLCD R/F	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474
LETTUCE SHRD TACO 1/8CUT	1 Ounce		242489
TOMATO 6X7 MED	1 Slice		315133
PICKLE DILL SLCD HAMB 2900CT	2 Slice		149209

Preparation Instructions

Beef Patty:

1. Do not thaw.
2. Lay out patties on an oven sheet pan in a single layer.
3. Heat in a convection preheated oven at 350 degrees F for 10-12 minutes.

Place beef patty between the two slices of the bun and top with a slice of cheese. Provide lettuce, tomato and pickles as toppings.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	394.40
Fat	19.30g
SaturatedFat	7.08g
Trans Fat	0.93g
Cholesterol	75.50mg
Sodium	911.12mg
Carbohydrates	29.01g
Fiber	3.34g
Sugar	4.92g
Protein	25.60g
Vitamin A 374.85IU	Vitamin C 6.17mg
Calcium 147.80mg	Iron 10.10mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Hamburger with Toppings

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40267

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY PREM CKD 3Z 6-4.875# JTM	1 Each	BAKE 1. Do not thaw.2. Lay out patties on an oven sheet pan in a single layer.3. Heat in a conventional preheated 350 degrees F oven for 12-14 minutes OR Heat in a convection preheated oven at 350 degrees F for 10-12 minutes.	547933
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474
LETTUCE SHRD TACO 1/8CUT	1 Ounce		242489
TOMATO 6X7 MED	1 Slice		315133
PICKLE DILL SLCD HAMB 2900CT	2 Slice		149209

Preparation Instructions

Beef Patty:

1. Do not thaw.
2. Lay out patties on an oven sheet pan in a single layer.
3. Heat in a convection preheated oven at 350 degrees F for 10-12 minutes.

Place beef patty in between bun slices. Provide lettuce, tomato and pickles for toppings.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	359.40		
Fat	17.30g		
SaturatedFat	5.83g		
Trans Fat	0.93g		
Cholesterol	68.00mg		
Sodium	701.12mg		
Carbohydrates	28.01g		
Fiber	3.34g		
Sugar	4.42g		
Protein	22.10g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	51.80mg	Iron	10.10mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40269

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z 6-5 COMM	4 Each	BAKE KEEP FROZEN CONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F. STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860
CHEESE MOZZ SHRD	1/8 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
5" WG Hoagie Bun	2 1/5 Ounce	READY_TO_EAT Thaw at Ambient Temperature. Ready to Eat or toast to desired flavor and texture.	3737
SAUCE SPAGHETTI FCY	2 Ounce	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759

Preparation Instructions

Thaw meatballs.

Combine one bag meatballs with one can of marinara sauce in a full-size hotel pan.

Cover pan and heat in convection oven approximately 30 minutes at 375 degrees F. until it reaches a temperature of 165 degrees F or more.

Serve 4 meatballs with sauce on one hoagie bun, top with 1oz of mozzarella cheese.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Food Component Equivalents: 2 oz. Meat/Meat Alternate & 2 oz. Grain/Bread

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.400
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	226.56
Fat	12.15g
SaturatedFat	5.32g
Trans Fat	0.60g
Cholesterol	43.80mg
Sodium	546.87mg
Carbohydrates	11.94g
Fiber	2.70g
Sugar	5.91g
Protein	17.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 177.27mg	Iron 1.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken with Fried Rice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40270

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	3 3/5 Ounce		550512
RICE FRIED VEG WGRAIN	5 9/10 Ounce	BAKE Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463
COOKIE FORTUNE WGRAIN	1 Each		565142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.100
OtherVeg	0.000
Legumes	0.000
Starch	0.100

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	431.67		
Fat	5.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	720.00mg		
Carbohydrates	75.67g		
Fiber	4.00g		
Sugar	14.67g		
Protein	17.17g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	10.50mg	Iron	1.42mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Sandwich with Toppings

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40271

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474
LETTUCE SHRD TACO 1/8CUT	1 Ounce		242489
TOMATO 6X7 MED	1 Slice		315133
PICKLE DILL SLCD HAMB 2900CT	2 Slice		149209

Preparation Instructions

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.

Place chicken breast between top and bottom of bun. Provide lettuce, tomato and pickles for toppings.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.100
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	349.40		
Fat	11.10g		
SaturatedFat	1.53g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	718.12mg		
Carbohydrates	36.01g		
Fiber	5.64g		
Sugar	4.42g		
Protein	24.40g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	21.80mg	Iron	9.12mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Sliders

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40272

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z	2 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
SAUCE BUFF WNG REDHOT	1 Teaspoon		704229
Whole Grain Rich Clustered Pan Rolls	2 roll	BAKE Toast to desired color	3920

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	350.00		
Fat	11.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	890.00mg		
Carbohydrates	42.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.00mg	Iron	2.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40279

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC	3 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
CHEESE CHED MLD SHRD 4-5 LOL	1 Tablespoon	READY_TO_EAT Preshredded. Use cold or melted	150250
LETTUCE ROMAINE CHOP	1/2 Cup		735787
TOMATO ROMA DCD 3/8IN	1 Ounce		786543
TORTILLA SHELL SAL ULTRGR 10IN BK	1 Each		720526

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	3.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.300
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	527.50
Fat	31.25g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	607.50mg
Carbohydrates	41.25g
Fiber	5.83g
Sugar	2.17g
Protein	20.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 106.75mg	Iron 3.30mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken BLT Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40280

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD 3Z	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
LETTUCE ROMAINE CHOP	1/2 Cup		735787
TOMATO ROMA DCD 3/8IN	1 Ounce		786543
BACON TKY CKD	2 Slice		834770
TORTILLA SHELL SAL ULTRGR 10IN BK	1 Each		720526

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.300
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	402.86
Fat	19.36g
SaturatedFat	3.71g
Trans Fat	0.00g
Cholesterol	72.50mg
Sodium	711.46mg
Carbohydrates	26.00g
Fiber	2.83g
Sugar	1.17g
Protein	29.41g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 33.00mg	Iron 2.43mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Italian Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40281

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD TACO 1/8CUT	1 Cup		242489
PEPPERONI TKY SLCD 15/Z	8 Slice	READY_TO_EAT Fully Cooked - Ready To Eat This item is fully cooked and is "Ready To Eat".	276662
TURKEY HAM SLCD	3 Slice		556121
CHEESE PROV NAT SLCD .75Z	1 Slice		726532
PEPPERS BAN RING MILD	1 Ounce		466220
TORTILLA WHLWHE 10IN	1 Each	HEAT_AND_SERVE HEAT AND SERVE	456330
DRESSING ITAL FF	1 Tablespoon		549592

Preparation Instructions

Mix the romaine lettuce with the dressing.

Place warm tortilla on a flat surface. Place the ingredients on the lower half of the tortilla. Fold in the sides of the tortilla, then fold the bottom half tortilla up and tuck, roll into a tight roll, seam side facing down.

Cut wrap in half, place in container, and store in cooler until service.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	407.05
Fat	17.23g
SaturatedFat	6.66g
Trans Fat	0.00g
Cholesterol	69.24mg
Sodium	1487.58mg
Carbohydrates	39.71g
Fiber	5.67g
Sugar	3.94g
Protein	23.45g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 204.18mg	Iron 50.78mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40283
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to eat. 1. Tear at notch 2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
Blueberries	2 Ounce		
STRAWBERRIES SLCD IQF 6-5 COMM	1/4 Cup	THAW	105302
CEREAL CINN TOAST R/S BWL	1 Each	READY_TO_EAT Ready To Eat	365790

Preparation Instructions

Put 4oz of yogurt in cup.

Add 2oz of strawberries and 2oz of blueberries for a total of 4oz of fruit.

Use insert cup to fill with contents of 1 bowl of Cinnamon Toast Crunch or 2oz of Granola

Close lid and serve.

Food Component Eq. 1m/ma, 1grain, 3/4 cup

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.750
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	241.69
Fat	3.25g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	220.20mg
Carbohydrates	52.63g
Fiber	6.00g
Sugar	26.17g
Protein	4.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 194.33mg	Iron 1.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Asian Teriyaki Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40309
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD WGRAIN FC .28Z 4-8	12 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	327120
SAUCE TERYK MRND LO SOD	2 Ounce		176721
LETTUCE ROMAINE CHOP	1 Pint		735787
ORANGES MAND WHL L/S	1/4 Cup		117897
PEPPERS RED	1/8 Each		597082

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.250
GreenVeg	1.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	410.85
Fat	14.21g
SaturatedFat	2.73g
Trans Fat	0.00g
Cholesterol	21.82mg
Sodium	2247.20mg
Carbohydrates	54.57g
Fiber	5.48g
Sugar	31.37g
Protein	23.93g
Vitamin A 638.88IU	Vitamin C 30.23mg
Calcium 85.86mg	Iron 3.68mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Loaded Fries

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-40311
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/4IN SS XLNG	2 8/9 Ounce	<p>CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING.CONVECTION OVEN: PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING.</p> <p>DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.DEEP FRY: FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.</p>	200611
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	<p>BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.</p>	722330
SAUCE CHS QUESO BLANCO FZ	2 Ounce	<p>BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.</p>	722110
ROLL DNNR WHEAT PULL APART	1 Each	<p>THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved.</p>	316938

Preparation Instructions

Assemble Fries, Taco Meat, Queso Cheese Sauce and serve with one Dinner Roll.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	396.03
Fat	19.00g
SaturatedFat	7.65g
Trans Fat	0.01g
Cholesterol	63.00mg
Sodium	881.47mg
Carbohydrates	33.88g
Fiber	3.56g
Sugar	3.50g
Protein	22.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 280.00mg	Iron 2.48mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Burrito Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-40312
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	722330
SAUCE CHS QUESO BLANCO FZ	2 Ounce	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	722110
RICE BROWN WGRAIN	1/2 Cup		231059
TORTILLA WHLWHE 10IN	1 Each	HEAT_AND_SERVE HEAT AND SERVE	456330

Preparation Instructions

Assemble Cheese Sauce and Taco Meat over Rice in a Tortilla.

Rice Meal Eq 2grain

Tortilla Meal Eq 2.5grain

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	4.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	764.70
Fat	23.40g
SaturatedFat	8.90g
Trans Fat	0.01g
Cholesterol	63.00mg
Sodium	1092.20mg
Carbohydrates	108.00g
Fiber	8.10g
Sugar	3.00g
Protein	33.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 261.00mg	Iron 52.58mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Pancake with Sausages

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40313

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
SAUSAGE PTY TKY CKD 1Z	2 Each		184970

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	340.00		
Fat	15.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	180.00mg		
Carbohydrates	36.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Sausage Patties

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40314

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY TKY CKD 1Z	2 Each		184970

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	120.00		
Fat	8.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	180.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Hot Italian Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40319
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERONI TKY SLCD 15/Z	8 Slice	READY_TO_EAT Fully Cooked - Ready To Eat This item is fully cooked and is "Ready To Eat".	276662
SALAMI GENOA SLCD 4/Z	2 Slice		776250
TURKEY HAM SLCD	1/2 Ounce		556121
CHEESE PROV NAT SLCD .75Z	2 Slice		726532
PEPPERS BAN RING MILD	1 Ounce		466220
5" Whole Grain Rich Hoagie Bun	1 bun		3737

Preparation Instructions

Open up Hoagie Bun and layer over both halves, in order, the provolone cheese, 1 slice ham, pepperoni, salami, banana peppers. Fold the bun over to close it. Bake in convection oven at 325 F for 10 minutes. Wrap sandwich in foil or sandwich paper to serve.

Must reach an internal temperature of 145.

Meal Components (SLE)

Amount Per Serving

Meat	2.245
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	428.39
Fat	21.29g
SaturatedFat	9.90g
Trans Fat	0.00g
Cholesterol	75.30mg
Sodium	1494.34mg
Carbohydrates	30.71g
Fiber	1.00g
Sugar	5.11g
Protein	26.49g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 352.66mg	Iron 0.73mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken and Waffles

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40320
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC	3 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
WAFFLE DUTCH WGRAIN 5IN	1 Each		607351

Preparation Instructions

Dutch Waffle:

Oven: Preheat to 450 degrees F. Bake for 3-4 minutes. Once heated, sprinkle with confectioner s sugar or other toppings as desired.

Chicken Tenders:

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	560.00
Fat	28.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	740.00mg
Carbohydrates	59.00g
Fiber	6.00g
Sugar	13.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 76.00mg	Iron 3.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Grilled Ham and Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40322
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD	4 Slice		556121
CHEESE AMER 160CT SLCD	2 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

Preparation Instructions

Place cheese and ham slices on bun, bake in convection oven at 350 F for 10 min. Wrap in foil or sandwich paper for service.

Internal temperature must reach 145 F

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	316.67
Fat	14.33g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	65.00mg
Sodium	1000.00mg
Carbohydrates	27.00g
Fiber	2.00g
Sugar	4.00g
Protein	20.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 169.00mg	Iron 8.48mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chili Cheese Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40325
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 8/	1 Each	BAKE	265039
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
6" Whole Grain Rich Hot Dog Bun	1 Each		3709

Preparation Instructions

Place thawed hotdogs in hotel pan, add 2 cups of cold water, cover tightly and bake in convection oven at 350 F until reaching an internal temperature of 165 F.

Serve on the line by placing one hot dog in bun, offer shredded cheddar on top, 1/4 oz.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	293.75
Fat	18.63g
SaturatedFat	6.75g
Trans Fat	0.50g
Cholesterol	38.75mg
Sodium	713.75mg
Carbohydrates	21.13g
Fiber	0.00g
Sugar	3.00g
Protein	10.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 33.77mg	Iron 0.77mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Fajita Vegetables

Servings:	30.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-40327
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

Mix Canola oil, lime juice and soy sauce.

Prepare vegetables. Mix vegetables with liquid mixture and let sit overnight or at least one hour prior to cooking.

Spread vegetable and liquid mixture in a thin, even layer on a parchment lined sheet pan. Use more than one pan if needed. Bake in oven at 400 F for 7-10 minutes or until tips start to caramelize and veggies soften.

Serve 1/4 cup each.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Fajita Vegetables

Servings:	400.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-40333
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS COLORED MIXED ASST	26 2/3 Pound	Julienne cut	491012
PEPPERS GREEN LRG	26 2/3 Pound	Julienne cut	592315
ONION YELLOW MED BAG	15 1/5 Pound	Peeled and cut into thin slivers	196901
SHORTENING LIQ CANOLA CLR FRY	1 Pint 1 1/3 Cup (3 1/3 Cup)	READY_TO_EAT This ready-to-use clear canola fry shortening simplifies back-of-house prep and can be used for all of your back-of-house deep frying needs.	255831
JUICE LIME	1 Pint 1 1/3 Cup (3 1/3 Cup)		199028
SAUCE SOY LITE	1 Cup 5 Fluid Ounce 2/3 Tablespoon (26 2/3 Tablespoon)		466425

Preparation Instructions

Mix Canola oil, lime juice and soy sauce.

Prepare vegetables. Mix vegetables with liquid mixture and let sit overnight or at least one hour prior to cooking.

Spread vegetable and liquid mixture in a thin, even layer on a parchment lined sheet pan. Use more than one pan if needed. Bake in oven at 400 F for 7-10 minutes or until tips start to caramelize and veggies soften.

Serve 1/4 cup each.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 0.25 Cup

Amount Per Serving

Calories	36.51		
Fat	1.97g		
SaturatedFat	0.15g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	40.82mg		
Carbohydrates	5.35g		
Fiber	0.83g		
Sugar	2.64g		
Protein	0.57g		
Vitamin A	925.13IU	Vitamin C	71.63mg
Calcium	9.77mg	Iron	0.23mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken Parmesan Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40339
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
SAUCE SPAGHETTI FCY	2 Ounce	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
CHEESE PROV NAT SLCD .75Z	1 Slice		726532
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

Preparation Instructions

Cook Chicken according to instructions. Heat Spaghetti sauce until it reaches 165 F or more.

Assemble the sandwich with the chicken, cheese and sauce, in that order. Put the top of the bun on and wrap in foil or sandwich paper for service.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.400
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	473.33
Fat	21.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	1083.33mg
Carbohydrates	45.00g
Fiber	6.67g
Sugar	7.33g
Protein	25.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 207.67mg	Iron 10.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Drummie with Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40343
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD	1 Piece	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 375°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release. Heat for 25-30 minutes For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.</p>	603391
DOUGH BISCUIT WGRAIN	1 Each	<p>BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.</p>	237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	392.70		
Fat	20.40g		
SaturatedFat	7.50g		
Trans Fat	0.07g		
Cholesterol	62.00mg		
Sodium	911.20mg		
Carbohydrates	29.00g		
Fiber	3.60g		
Sugar	2.00g		
Protein	22.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	41.58mg	Iron	2.18mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger Sliders

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40352

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR PTY CKD	2 Each	COOKING GUIDELINES: Cook from frozen state. CONVENTIONAL OVEN: Preheat oven to 350 F. Bake for 11 - 12 minutes or until internal temperature reaches 165 F when using a meat thermometer. CONVECTION OVEN: Preheat oven to 350 F. Bake for 8 - 9 minutes or until internal temperature reaches 165 F when using a meat thermometer. MICROWAVE: Heat on high power for 60 - 70 seconds. Microwaves may vary, verify internal temperature is 165 F with the use of a meat thermometer. BAKE UNSPECIFIED Not currently available	658622
CHEESE AMER 160CT SLCD	2 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
Whole Grain Rich Slammer Sliced	2 bun		3938

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	5.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	530.00
Fat	27.00g
SaturatedFat	12.00g
Trans Fat	1.00g
Cholesterol	105.00mg
Sodium	950.00mg
Carbohydrates	34.00g
Fiber	2.00g
Sugar	5.00g
Protein	32.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 171.00mg	Iron 14.16mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Philly Cheesesteak Slider

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40353

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PHLL PEPRS/ONIO CKD SLC	3 Ounce	BAKE Conventional Oven Remove product from bag. Preheat oven to 350 degrees f. If thawed, heat for 45 - 50 minutes. Not recommended if frozen. CONVECTION Convection Oven Remove product from bag. Preheat oven to 325 degrees f. If thawed, heat for 30 minutes. Not recommended if frozen. MICROWAVE Microwave Individual portions: if thawed, heat for two minutes. Not recommended if frozen. SAUTE Stovetop If frozen, heat for 30 - 40 minutes. If thawed, heat for 15 - 20 minutes. STEAM Steamer If frozen, heat for 40 - 50 minutes. If thawed, heat for 15 - 20 minutes.	593591
CHEESE MOZZ SHRD	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
Whole Grain Rich Slammer Sliced	2 Slice		3939

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	430.00
Fat	20.00g
SaturatedFat	9.50g
Trans Fat	0.50g
Cholesterol	35.00mg
Sodium	1000.00mg
Carbohydrates	39.00g
Fiber	1.00g
Sugar	11.00g
Protein	19.00g
Vitamin A 100.00IU	Vitamin C 9.00mg
Calcium 225.00mg	Iron 0.72mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Big Daddy Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40366
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16IN WGRAIN PRIMO	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 7-9 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 3. Place pizza and foil on middle oven rack. 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	665451

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	360.00
Fat	17.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	580.00mg
Carbohydrates	33.00g
Fiber	3.00g
Sugar	9.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 370.00mg	Iron 2.20mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Big Daddy Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40367
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN PRIMO 16IN	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 3. Place pizza and foil on middle oven rack. 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	575522

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	360.00
Fat	16.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	490.00mg
Carbohydrates	35.00g
Fiber	3.00g
Sugar	9.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 441.00mg	Iron 2.10mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Stuffed Crust Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40368
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP WDG WGRAIN STFD	1 Each		198941

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	280.00
Fat	9.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	550.00mg
Carbohydrates	35.00g
Fiber	3.00g
Sugar	4.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 370.00mg	Iron 3.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Stuffed Crust Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40369
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WDG WGRAIN STFD	1 Each	BAKE	198952

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	280.00
Fat	9.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	490.00mg
Carbohydrates	36.00g
Fiber	3.00g
Sugar	4.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 410.00mg	Iron 2.90mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Pizza Crunchers

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40370
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	4 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - product will be hot! CONVECTION OVEN: 1. Preheat oven to 350F. 2. Arrange product in a single layer on lined baked sheet. 3. Bake 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143271

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	420.00
Fat	20.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	670.00mg
Carbohydrates	41.00g
Fiber	6.00g
Sugar	3.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 427.00mg	Iron 2.21mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Bosco Sticks with Marinara

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40371
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6IN	2 Each	<p>CONVECTION Convection Oven1. Preheat oven to 400°F.2. Place Bosco Sticks on a baking sheet.3. THAWED: 7-9 minutes.4. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p> <p>DEEP_FRY Deep Fry1. Preheat oil to 350° F.2. THAWED ONLY: 1-2 minutes.3. Let stand 2 minutes before serving.CAUTION: FILLING MAY BE HOT!Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking.</p> <p>THAW Thawing Instructions1. Thaw before baking.2. Keep Bosco Sticks covered while thawing3. Bosco Sticks have 8 days shelf life when refrigerated.Oven temperatures may vary. Adjust baking time andor temperature as necessary.Top Bosco Sticks with butter and parmesan cheese (not included) after baking.</p>	235411
SAUCE SPAGHETTI FCY	2 2/5 Ounce	<p>HEAT_AND_SERVE Heat & Serve</p> <p>MIX Heat & Serve</p> <p>READY_TO_DRINK Heat & Serve</p> <p>READY_TO_EAT Heat & Serve</p> <p>UNPREPARED Heat & Serve</p> <p>UNSPECIFIED Heat & Serve</p>	852759

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	328.00
Fat	10.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	696.00mg
Carbohydrates	40.00g
Fiber	6.00g
Sugar	6.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 458.00mg	Iron 2.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Pasta Station

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40384
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN	3 Ounce		221460
SAUCE SPAGHETTI BF REDC FAT 6-5 COMM	2 4/5 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	573201
SAUCE ALFREDO FZ	2 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	155661
SAUCE SPAGHETTI FCY	4 Ounce	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759

Preparation Instructions

Cook pasta until al dente. Serve 1.5 cup prepared pasta with the meats sauce 5.6oz, or Alfredo sauce 4oz. May add Marinara sauce-4oz

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	515.71
Fat	11.12g
SaturatedFat	4.90g
Trans Fat	0.03g
Cholesterol	47.17mg
Sodium	987.19mg
Carbohydrates	80.37g
Fiber	10.33g
Sugar	17.95g
Protein	27.56g
Vitamin A 323.50IU	Vitamin C 9.50mg
Calcium 267.98mg	Iron 4.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40414
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE	2 1/2 Ounce		768146

Preparation Instructions

Steam carrots, no lid, until it reaches and internal temperature of at least 155 F. Serve 4oz scoop of cooked carrots.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	28.89		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	48.89mg		
Carbohydrates	6.67g		
Fiber	2.22g		
Sugar	3.33g		
Protein	0.56g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.22mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Vegetarian Refried Beans

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40415
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN REFRIED VEGTAR LO SOD	1/2 Cup	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	668341

Preparation Instructions

Prepare according to package instructions.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	140.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.00mg		
Carbohydrates	24.00g		
Fiber	9.00g		
Sugar	0.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	2.10mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

French Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40416
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/4IN SS XLNG	4 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING.CONVECTION OVEN: PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 7 TO 11 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.DEEP FRY: FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	200611

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	133.33		
Fat	5.33g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	26.67mg		
Carbohydrates	22.67g		
Fiber	1.33g		
Sugar	0.00g		
Protein	1.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Broccoli

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40417
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS	1/2 Cup		610902

Preparation Instructions

Steam broccoli, no lid, for 12 minutes and reaching a temp of at least 155 F.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	16.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	3.33g		
Fiber	2.00g		
Sugar	0.67g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.33mg	Iron	0.67mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Corn

Servings:	2.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40418
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUP SWT RSTD	1/2 Cup		319202
CORN CUT SWT	1/2 Cup		610782

Preparation Instructions

Prepare one of the corn options, 4oz per serving. Steam corn, no lid, until a temperature of at least 155 F is reached.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	37.31		
Fat	0.37g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	7.84g		
Fiber	0.75g		
Sugar	1.49g		
Protein	0.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken Fajitas

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40420
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT DK MT FC	3 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
SEASONING TACO SLT FR	1/2 Teaspoon		605062
TORTILLA FLOUR ULTRGR 6IN	2 Each		882690
LETTUCE SHRD TACO 1/8CUT	1 Cup		242489
Peppers & Onion mix	1 Serving	Slice Peppers into strips. Sauté' onion slivers and peppers together with the canola oil, lime juice and soy sauce in the tilt skilled or on a sheet pan in the oven until soft. Serve 4oz of mixture split between the two tortillas.	R-43310

Preparation Instructions

Prepare Chicken according to packaged instructions. Add seasoning and mix.

Serve 3 oz chicken divided between the two tortillas.

Serve Peppers & Onion topping (see recipe) and shredded lettuce.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.300
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	478.30
Fat	27.05g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	710.97mg
Carbohydrates	40.75g
Fiber	5.82g
Sugar	5.83g
Protein	21.85g
Vitamin A 1000.51IU	Vitamin C 60.24mg
Calcium 81.58mg	Iron 3.47mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Barbacoa Beef

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40421

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF BARBACOA	3 Ounce	BAKE Fully cooked. Simply heat and serve. For best results: Remove product from package and warm in the juices from the package. The meat can be easily pulled or shredded before serving.	147850

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	130.00		
Fat	7.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	350.00mg		
Carbohydrates	1.00g		
Fiber	1.30g		
Sugar	1.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.16mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Taco Meat

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40422

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.120
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	107.03
Fat	4.54g
SaturatedFat	1.70g
Trans Fat	0.00g
Cholesterol	32.18mg
Sodium	279.84mg
Carbohydrates	4.73g
Fiber	1.89g
Sugar	1.89g
Protein	12.11g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 47.32mg	Iron 1.87mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Tortilla Chips

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40423

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND WGRAIN	12 Piece		739741

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	231.00
Fat	9.90g
SaturatedFat	1.65g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	189.75mg
Carbohydrates	33.00g
Fiber	3.30g
Sugar	0.00g
Protein	3.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 49.50mg	Iron 0.82mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Tortilla

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40424

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA SHELL SAL ULTRGR 10IN BK	1 Each		720526

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	230.00
Fat	14.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	170.00mg
Carbohydrates	23.00g
Fiber	2.00g
Sugar	0.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 1.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Corn Tortilla

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40425

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA CORN 6IN THIN	4 Each		728341

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	150.00
Fat	1.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	32.00g
Fiber	3.00g
Sugar	1.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 43.00mg	Iron 1.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Rice

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40426

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BROWN WGRAIN	1/4 Cup		231059

Preparation Instructions

Serve 1 cup cooked rice (2oz dry = 1 cup cooked)

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	160.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	34.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.30mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Taco Wedges w/ Salsa

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40427

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO SNAX WGRAIN	3 Piece		107201
SALSA 103Z	2 Ounce	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	260.00
Fat	8.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	618.67mg
Carbohydrates	34.00g
Fiber	4.00g
Sugar	3.33g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 230.00mg	Iron 3.93mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40429

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOTSPCY BRD 3.75Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		340.00	
Fat		12.00g	
SaturatedFat		2.00g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		560.00mg	
Carbohydrates		34.00g	
Fiber		3.00g	
Sugar		4.00g	
Protein		24.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	6.00mg	Iron	9.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Veggie Entree Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40509

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Pint		735787
CARROT BABY WHL PETITE	2 Ounce		768146
BROCCOLI CRWN ICELESS	1/4 Cup		704547
PEPPERS COLORED MIXED ASST	1/4 Cup		491012
TOMATO GRAPE SWT	1/8 Cup		129631
EDAMAME SHELLLED	3/4 Cup		312928
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.799
Grain	0.000
Fruit	0.000
GreenVeg	1.125
RedVeg	0.574
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	286.49
Fat	14.21g
SaturatedFat	6.04g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	277.66mg
Carbohydrates	24.20g
Fiber	10.66g
Sugar	9.56g
Protein	20.80g
Vitamin A 1336.59IU	Vitamin C 81.64mg
Calcium 320.84mg	Iron 3.68mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken Caesar Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40510

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Pint		735787
CHIX BRST FLLT GRLLD 3Z	1 Each	CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 17-21 minutes. MICROWAVE PREPARATION: Appliances vary, adjust accordingly. Microwave Oven From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	185033
CHEESE MOZZ SHRD	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	230.00
Fat	8.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	75.00mg
Sodium	570.00mg
Carbohydrates	6.00g
Fiber	2.00g
Sugar	3.00g
Protein	32.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 250.00mg	Iron 1.72mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Veggie Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40511

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH LEAF FLAT CLND	1/4 Cup		329401
TOMATO 6X7 MED	1 Slice		315133
CHEESE PROV NAT SLCD .75Z	2 Slice		726532
PEPPERS BAN RING MILD	1 Ounce		466220
PEPPERS COLORED MIXED ASST	1/4 Cup		491012
CUCUMBER SELECT	1/2 Cup		418439
5" Split Top Whole Grain Hoagie Bun	1	READY_TO_DRINK	3737
HUMMUS CUP RSTD RED PEPPER	1 Each		601133

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.190
Fruit	0.000
GreenVeg	0.125
RedVeg	0.000
OtherVeg	1.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	437.76
Fat	16.20g
SaturatedFat	7.01g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	1009.12mg
Carbohydrates	52.66g
Fiber	9.24g
Sugar	11.15g
Protein	23.06g
Vitamin A 1249.46IU	Vitamin C 62.81mg
Calcium 444.22mg	Iron 3.34mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Macaroni & Cheese Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40513

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & 3CHS 6-5 JTM	6 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	149193
CHIX PULLED WHT DRK BLND	2 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 350°F. 2. Place frozen chicken pieces on foil lined baking sheet coated with cooking spray. 3. Heat 25 to 30 minutes. UNSPECIFIED Not Currently Available	467802
PEPPERONI TKY SLCD 15/Z	7 Slice	READY_TO_EAT Fully Cooked - Ready To Eat This item is fully cooked and is "Ready To Eat".	276662

Preparation Instructions

Serve 6oz pasta
with a choice of:
2oz chicken
7slices pepperoni

Meal Components (SLE)

Amount Per Serving

Meat	4.197
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	441.73
Fat	21.72g
SaturatedFat	10.50g
Trans Fat	0.00g
Cholesterol	114.55mg
Sodium	1135.55mg
Carbohydrates	29.73g
Fiber	2.00g
Sugar	3.53g
Protein	32.44g
Vitamin A 616.00IU	Vitamin C 0.00mg
Calcium 403.24mg	Iron 2.04mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Ramen Bowl Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40514

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN	2 Ounce	2 oz dry = 1 cup cooked	221460
BASE VEG NO MSG	1 Cup	READY_TO_EAT Prepare as directed.	694871
CHIX PULLED WHT DRK BLND	2 1/2 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 350°F. 2. Place frozen chicken pieces on foil lined baking sheet coated with cooking spray. 3. Heat 25 to 30 minutes. UNSPECIFIED Not Currently Available	467802

Preparation Instructions

1 cup broth with 1 cup pasta

Add choice of two:

2.5 oz pulled chicken, served warm

2oz edamame #312928, served warm

1/2 egg #853800, served warm

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	300.00
Fat	5.17g
SaturatedFat	1.25g
Trans Fat	0.00g
Cholesterol	54.17mg
Sodium	1010.00mg
Carbohydrates	43.83g
Fiber	4.00g
Sugar	4.00g
Protein	20.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.17mg	Iron 2.83mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Fiesta Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40517

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3/4 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
CHIX STRP FAJT SEAS FC 6-5# TYS	3/4 Ounce		349047
BEEF PLNTBSD GRND BULK	3/4 Ounce		371530
SAUCE CHS QUESO BLANCO FZ	3/4 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722110
RICE BROWN WGRAIN	1/14 Cup		231059
CHIP TORTL RND WGRAIN	3 Piece	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741
TORTILLA CORN 6IN THIN	1/2 Each		728341
TORTILLA SHELL SAL ULTRGR 10IN BK	1/4 Each		720526

Preparation Instructions

Prepare all meat and cheese according to package instruction. Serve 3 oz total of meat/cheese with one choice of grain ingredient. 13 pc tortilla chips, 4 ea corn tortilla, 1 ea tortilla shell or 1 cup WG rice.

Meal Components (SLE)

Amount Per Serving

Meat	2.098
Grain	1.437
Fruit	0.000
GreenVeg	0.000
RedVeg	0.031
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	332.41
Fat	16.44g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	38.92mg
Sodium	471.71mg
Carbohydrates	30.52g
Fiber	2.87g
Sugar	0.60g
Protein	16.36g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 129.83mg	Iron 2.38mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Fiesta Bar Toppings

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40518

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO TX RANCHERO	1/4 Cup		460852
BEANS BLACK LO SOD	1/4 Cup		231981
CORN CUT IQF	1/4 Ounce	BAKE	285620
LETTUCE SHRD TACO 1/8CUT	1/8 Cup		242489
SALSA 103Z	2 Ounce	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841
SOUR CREAM L/F	2 Fluid Ounce		534331
PEPPERS JALAP SLCD	1 Ounce		499943
BEAN REFRIED VEGTAR LO SOD	1/4 Cup	RECONSTITUTE 1: Pour 1 2 gallon (1.9L) boiling water into 4" deep half-steamtable pan. 2: Quickly pour full pouch of beans into water and cover. 3: Allow beans to sit for 25 minutes on steamtable. 4: Season if desired, stir, serve.	668341

Preparation Instructions

Serving sizes:

Ranchero Beans - 2oz

Refried Beans - 2oz

Black Beans - 2oz

Corn - 2oz
Shredded Lettuce - 1oz
Salsa - 2oz
Sour Cream - 2oz
Jalapeños - 1oz

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.300
OtherVeg	0.130
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	284.63
Fat	4.58g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	872.03mg
Carbohydrates	46.51g
Fiber	11.17g
Sugar	6.92g
Protein	13.75g
Vitamin A 400.00IU	Vitamin C 0.00mg
Calcium 167.30mg	Iron 4.33mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Apple

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40521
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELICIOUS RED	1 Piece		256662

Preparation Instructions

Alternative choices:

582271 Granny Smith

597481 Delicious Golden

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	66.60		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.30mg		
Carbohydrates	18.00g		
Fiber	3.10g		
Sugar	13.00g		
Protein	0.30g		
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Sliced Apples

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40522
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD	1 Package	BAKE READY_TO_EAT	473171

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	30.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	7.00g
Fiber	1.00g
Sugar	6.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 20.00mg
Calcium 20.00mg	Iron 0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Banana

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40523
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT	1 Each		197769

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	105.00		
Fat	0.40g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.20mg		
Carbohydrates	27.00g		
Fiber	3.10g		
Sugar	14.00g		
Protein	1.30g		
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	5.90mg	Iron	0.31mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Pears

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40524
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR 95-110CT MRKN	1 Each		198056

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	25.00g		
Fiber	5.00g		
Sugar	16.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.85mg	Iron	0.30mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Orange

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40525
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA FCY	1 Each		198021

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	44.10		
Fat	0.25g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	10.50g		
Fiber	2.25g		
Sugar	0.00g		
Protein	0.95g		
Vitamin A	207.00IU	Vitamin C	43.65mg
Calcium	36.00mg	Iron	0.08mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Blueberries

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40526
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY FREE-FLOW IQF 30 GCHC	1/2 Cup		119873

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	40.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	10.00g		
Fiber	1.50g		
Sugar	7.00g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Strawberries

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40528
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY WHL IQF	1/2 Cup		244630

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	22.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	5.50g		
Fiber	1.50g		
Sugar	3.50g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.00mg	Iron	0.50mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Frozen Fruit Cups

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40529
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOVELTY FZ CUP JCE BRY/LEM	1 Each		532420
NOVELTY FZ ORG/PNAP/CHRY	1 Each		602402
SLUSHIE BL RASP/LEM	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	794181
SLUSHIE STRAWB-KW	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	863880
SLUSHIE SR CHRY-LEM	1 Each	READY_TO_EAT Remove from freezer and let sit out a short time before eating	667911

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	410.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	110.00mg
Carbohydrates	103.00g
Fiber	6.00g
Sugar	87.00g
Protein	0.00g
Vitamin A 3500.00IU	Vitamin C 240.00mg
Calcium 400.00mg	Iron 0.72mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

ASSORTED FRUIT AND JUICE

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40530
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

ASSORTED FRUIT

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40532
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Apple Sauce

Servings:	1.00	Category:	Fruit
Serving Size:	4.50 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40533
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT CUP 96-4.5Z P/L	3/10 Each		753911
APPLESAUCE CINN UNSWT CUP	3/10 Each		699180
APPLESAUCE STRAWB UNSWT 96-4.5Z P/L	3/10 Each		753931

Preparation Instructions

Serve one 4.5 cup each

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.50 Ounce

Amount Per Serving			
Calories	48.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.00mg		
Carbohydrates	12.90g		
Fiber	1.20g		
Sugar	10.80g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	37.63		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.35mg		
Carbohydrates	10.11g		
Fiber	0.94g		
Sugar	8.47g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.35mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Canned Peaches

Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40534
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD IN JCE	1/2 Cup		610372

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	12.00g		
Fiber	1.00g		
Sugar	10.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	44.09		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	10.58g		
Fiber	0.88g		
Sugar	8.82g		
Protein	0.88g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.94mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Canned Pineapple

Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40535
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS IN JCE	1/2 Cup	READY_TO_EAT Ready to Eat	509221

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.40mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	61.73		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.11g		
Fiber	0.88g		
Sugar	13.23g		
Protein	0.88g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.35mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Canned Pears

Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40536
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD IN JCE	1/2 Cup		610364

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	61.73		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.11g		
Fiber	1.76g		
Sugar	9.70g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.82mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Canned Mandarin Oranges

Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40537
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND WHL L/S	1/2 Cup		117897

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	20.00g		
Fiber	0.00g		
Sugar	19.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	1.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	79.37		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	8.82mg		
Carbohydrates	17.64g		
Fiber	0.00g		
Sugar	16.76g		
Protein	0.88g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.93mg	Iron	0.88mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

ASSORTED VEGETABLES & SIDE SALAD

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40539
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Mini Bagel & Strawberry Cream Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40569
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL MINI STRAWB CRM CHS IW	1 Each	HEAT_AND_SERVE Heat and serve, warm and serve in warming unit or thaw and serve. See the package for full instructions READY_TO_EAT Heat frozen Bagels in ovenable pouch. Preheat oven to 350 degrees F. Place pouches flat on a baking sheet. Heat in a Convection Oven 8-9 minutes. Heat in a Conventional Oven 13-14 minutes. DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing THAW AND SERVE: Thaw at room temperature for 120 minutes prior to serving. WARMING UNIT: Preheat Warming Unit to 150 degrees F. Heat for 105 minutes.	401034

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	190.00mg		
Carbohydrates	42.00g		
Fiber	2.00g		
Sugar	13.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.60mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Mini Bagel & Cinnamon Cream Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40570
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL MINI CINN CRMY CHS IW	1 Each	<p>HEAT_AND_SERVE Heat & Serve: Heat frozen Bagels in ovenable pouch Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat per chart below: Convection Oven 8-9 minutes* Conventional Oven 13-14 minutes* Consume within 6 hours of preparing *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. · Warming Unit: Preheat Warming Unit to 150°F. Heat for 105 minutes. · Microwave: Place one pouch in microwave and heat on HIGH for 30-40 seconds. LET STAND one minute before removing from microwave. CAUTION: Pouch and product can be very hot! Use caution when handling and eating. Thaw & Serve: Thaw at room temperature for 120 minutes prior to serving.</p> <p>READY_TO_EAT Heat frozen Bagels in ovenable pouch. Preheat oven to 350 degrees F. Place pouches flat on a baking sheet. Heat in a Convection Oven 8-9 minutes. Heat in a Conventional Oven 13-14 minutes. DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing THAW AND SERVE: Thaw at room temperature for 120 minutes prior to serving. WARMING UNIT: Preheat Warming Unit to 150 degrees F. Heat for 105 minutes.</p>	401042

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	190.00mg		
Carbohydrates	42.00g		
Fiber	2.00g		
Sugar	13.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.60mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Stuffed Hashbrown

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40585
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBRN STFD EARLY RISER 4-6 MCC	1 Each		402126

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	230.00
Fat	11.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	450.00mg
Carbohydrates	24.00g
Fiber	3.00g
Sugar	2.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 1.10mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Frozen Fruit Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40591
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

WG Dinner Roll

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40592
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL DNNR WGRAIN	1 Each		563332

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	163.70		
Fat	2.80g		
SaturatedFat	0.50g		
Trans Fat	0.03g		
Cholesterol	0.00mg		
Sodium	136.40mg		
Carbohydrates	30.00g		
Fiber	3.30g		
Sugar	4.00g		
Protein	6.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.65mg	Iron	1.60mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Roll

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-40759

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN WGRAIN	1 Each		644262
ICING CRM CHS RTS	2 Ounce		797020

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	320.00
Fat	6.50g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	210.00mg
Carbohydrates	61.00g
Fiber	3.00g
Sugar	33.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 23.87mg	Iron 1.51mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Ramen Bowl Bar Toppings

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40831
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT SHRD MED	2 Ounce		313408
ONION GREEN CLPD	1 Ounce		198889
CORN CUT IQF	2 Ounce	BAKE	285620
EDAMAME SHELLLED	1/4 Cup		312928

Preparation Instructions

Add choice of:

2oz shredded carrots

2oz edamame

1 ea green onion stalk

2oz corn

Meal Components (SLE)

Amount Per Serving

Meat	0.933
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	2.000
OtherVeg	0.000
Legumes	0.000
Starch	0.447

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	203.98
Fat	2.35g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	193.06mg
Carbohydrates	42.65g
Fiber	10.53g
Sugar	16.08g
Protein	9.73g
Vitamin A 53142.96IU	Vitamin C 11.24mg
Calcium 127.26mg	Iron 1.94mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Macaroni & Cheese Bar Toppings

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40832
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO ROMA DCD 3/8IN	1 Ounce		786543
BROCCOLI CRWN ICELESS	1/4 Cup		704547
PEPPERS JALAP SLCD	1 Ounce		499943
ONION RED JUMBO	1 Ounce		198722
SPINACH LEAF FLAT CLND	1/4 Cup		329401

Preparation Instructions

Serving size:

1oz Diced Tomatoes

2oz Broccoli

1oz jalapeño

1oz red onion

2oz spinach leaf

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.500
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	30.28
Fat	0.08g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	294.85mg
Carbohydrates	6.75g
Fiber	2.68g
Sugar	2.17g
Protein	1.53g
Vitamin A 142.30IU	Vitamin C 22.39mg
Calcium 27.71mg	Iron 0.60mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Omelet & Dutch Waffle

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40879
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY	1 Each		240080
WAFFLE DUTCH WGRAIN 5IN	1 Each		607351

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	420.00
Fat	23.00g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	185.00mg
Sodium	650.00mg
Carbohydrates	44.00g
Fiber	3.00g
Sugar	12.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 123.00mg	Iron 2.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Banana Split Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40882
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to eat. 1. Tear at notch 2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
STRAWBERRY DCD 1/2IN IQF	1/3 Cup	READY_TO_EAT Ready to Eat	621420
CEREAL CINN TOAST R/S BWL	1 Each	READY_TO_EAT Ready To Eat	365790
BANANA TURNING SNGL 150CT	1 Each		197769
TOPPING WHIP I/BG SGR FR	1 Fluid Ounce	READY_TO_EAT On Top® tastes great with these menu favorites Hot & Cold Specialty Coffees . Pies . Milkshakes . Sundaes . Parfaits . Layered Desserts . Dips . Mousses . Waffles 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 1 YEAR FROZEN or 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED THAW HANDLING INSTRUCTIONS 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. PERISHABLE. KEEP REFRIGERATED. SHIPPER: KEEP FROZEN	699101

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.750
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	363.04
Fat	5.55g
SaturatedFat	2.37g
Trans Fat	0.02g
Cholesterol	3.73mg
Sodium	222.60mg
Carbohydrates	78.29g
Fiber	8.06g
Sugar	38.34g
Protein	6.45g
Vitamin A 75.52IU	Vitamin C 10.27mg
Calcium 200.47mg	Iron 2.69mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Pancake on a Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40883
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP SAUS WGRAIN STIX 40-2.51Z	1 Each	BAKE HEATING INSTRUCTIONS: FROM FROZEN Conventional Oven 1. Preheat Conventional Oven: 375°F. Convection Oven: 350°F. 2. Place Breakfast Sticks in film on baking pan(s). Do not open or puncture film. 3. Bake for 20-25 minutes or until at least 165°F. For children under 5 years of age remove stick, cut product lengthwise then into small pieces. MICROWAVE HEATING INSTRUCTIONS: FROM FROZEN Microwave Directions were developed using 1000 watt commercial microwave oven. Ovens vary; cook times may need to be adjusted. 1. Make a ¼-inch slit on top of film to vent. 2. Microwave on HIGH for 50-55 seconds or until hot. 3. Let stand in microwave for 1 minute before serving. NOTE: Product may be held in warming unit in film for up to 1 hour. CAUTION: PRODUCT WILL BE HOT! CAREFULLY REMOVE FROM POUCH. ENJOY! For children under 5 years of age remove stick, cut product lengthwise then into small pieces.	556982

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	140.00
Fat	5.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	360.00mg
Carbohydrates	16.00g
Fiber	2.00g
Sugar	6.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 50.00mg	Iron 1.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Smoothie

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40885
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY WHL IQF	1/2 Cup		244630
JUICE APPLE 100 FRSH	1 Each		118921
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to eat. 1. Tear at notch 2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
CRACKER GLDFSH CINN	1 Package	READY_TO_EAT Ready to Enjoy	194510

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	1.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	304.44
Fat	4.75g
SaturatedFat	1.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	200.90mg
Carbohydrates	60.63g
Fiber	2.50g
Sugar	38.92g
Protein	5.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 256.54mg	Iron 2.70mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken Salad Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40888
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 Ounce	UNSPECIFIED Not currently available	570533
MAYONNAISE LT	3 Fluid Ounce	READY_TO_EAT This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
GRAPES RED	1/3 Cup		280895
CELERY STIX	1/4 Cup		781592
CROISSANT WGRAIN SLCD 2.2Z 6-24CT	1 Each		662882
TOMATO 6X7 MED	1/8 Cup		315133

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	520.21		
Fat	19.05g		
SaturatedFat	5.01g		
Trans Fat	0.00g		
Cholesterol	120.00mg		
Sodium	731.17mg		
Carbohydrates	63.21g		
Fiber	3.64g		
Sugar	19.05g		
Protein	24.06g		
Vitamin A	494.92IU	Vitamin C	3.21mg
Calcium	99.65mg	Iron	2.57mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Italian Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40893
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Pint		735787
PEPPERONI TKY SLCD 15/Z	1/2 Ounce	READY_TO_EAT Fully Cooked - Ready To Eat This item is fully cooked and is "Ready To Eat".	276662
SALAMI GENOA SLCD 4/Z	2 Slice		776250
CHEESE MOZZ SHRD	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
PEPPERS BAN RING MILD	1 Ounce		466220
OLIVE RIPE SLCD BLK SPAIN	1 Tablespoon		324531

Preparation Instructions

8 slices pepperoni for .5oz serving

Meal Components (SLE)

Amount Per Serving

Meat	1.691
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.565
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	216.59
Fat	13.20g
SaturatedFat	6.07g
Trans Fat	0.00g
Cholesterol	41.40mg
Sodium	941.82mg
Carbohydrates	7.76g
Fiber	3.00g
Sugar	3.88g
Protein	15.16g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 272.84mg	Iron 1.72mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Turkey Club Hoagie

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40894
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	3 Ounce		689541
CHEESE AMER 160CT SLCD	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
TOMATO 6X7 MED	1/8 Cup		315133
BACON TKY CKD	1/6 Ounce		834770
6" 100% Whole Wheat Hoagie Bun	1 bun		3746

Preparation Instructions

Turkey slices 3oz is 4 slices

Turkey bacon .16oz is 2 slices

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	321.17		
Fat	9.37g		
SaturatedFat	3.35g		
Trans Fat	0.00g		
Cholesterol	59.48mg		
Sodium	1090.89mg		
Carbohydrates	30.91g		
Fiber	4.29g		
Sugar	5.15g		
Protein	30.43g		
Vitamin A	194.92IU	Vitamin C	3.21mg
Calcium	89.84mg	Iron	8.12mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40895
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOTSPCY BRD 3.75Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
LETTUCE SHRD TACO 1/8CUT	1/8 Cup		242489
CHEESE CHED MLD SHRD 4- 5 LOL	1/14 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
TOMATO ROMA DCD 3/8IN	1 Ounce		786543
TORTILLA SHELL SAL ULTRGR 10IN BK	1 Each		720526

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.300
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	467.10		
Fat	26.52g		
SaturatedFat	6.18g		
Trans Fat	0.00g		
Cholesterol	53.40mg		
Sodium	554.07mg		
Carbohydrates	33.54g		
Fiber	3.42g		
Sugar	1.84g		
Protein	24.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.02mg	Iron	2.12mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Mudsock Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40896
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY PREM CKD 3Z 6-4.875# JTM	1 Each	BAKE 1. Do not thaw.2. Lay out patties on an oven sheet pan in a single layer.3. Heat in a conventional preheated 350 degrees F oven for 12-14 minutes OR Heat in a convection preheated oven at 350 degrees F for 10-12 minutes.	547933
CHEESE AMER 160CT SLCD	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
BACON TKY CKD	1/8 Ounce		834770
ONION RED JUMBO	1 Ounce		198722
MUSHROOM SLCD 3/16IN 2 RANDOM SZ	1/8 Cup		637442
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474
LETTUCE SHRD TACO 1/8CUT	1/8 Cup		242489
TOMATO 6X7 MED	1/8 Cup		315133
PICKLE DILL SLCD HAMB 2900CT	2 Slice		149209

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	439.42
Fat	22.82g
SaturatedFat	8.57g
Trans Fat	0.93g
Cholesterol	85.05mg
Sodium	1007.10mg
Carbohydrates	31.43g
Fiber	3.68g
Sugar	5.45g
Protein	26.79g
Vitamin A 195.49IU	Vitamin C 5.52mg
Calcium 137.93mg	Iron 10.20mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40898
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	722330
LETTUCE ROMAINE CHOP	1 Pint		735787
CHEESE CHED MLD SHRD 4-5 LOL	1 Tablespoon	READY_TO_EAT Preshredded. Use cold or melted	150250
BEANS BLACK LO SOD	1/4 Cup		231981
CORN CUT IQF	2 Ounce	BAKE	285620
TOMATO ROMA DCD 3/8IN	1 Ounce		786543
CHIP TORTL RND WGRAIN	1 1/2 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741

Preparation Instructions

1 oz tortilla chips = about 20 each

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.250
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	501.20
Fat	16.46g
SaturatedFat	4.70g
Trans Fat	0.00g
Cholesterol	39.68mg
Sodium	567.34mg
Carbohydrates	65.48g
Fiber	10.89g
Sugar	8.39g
Protein	24.95g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 217.07mg	Iron 4.41mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Asian Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40906
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 6-5# TYS	3 Ounce		349047
SAUCE TERYK MRND LO SOD	1 Fluid Ounce		176721
LETTUCE SHRD TACO 1/8CUT	1/8 Cup		242489
ORANGES MAND WHL L/S	1/4 Cup		117897
PEPPERS RED	1/14 Cup		597082
TORTILLA SHELL SAL ULTRGR 10IN BK	1 Each		720526

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	438.96
Fat	21.01g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	80.00mg
Sodium	1126.06mg
Carbohydrates	43.96g
Fiber	2.20g
Sugar	16.09g
Protein	21.58g
Vitamin A 279.98IU	Vitamin C 16.28mg
Calcium 26.16mg	Iron 3.54mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Turkey Ham & Cheese on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40912
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD	3 Ounce		556121
CHEESE AMER 160CT SLCD	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	293.04
Fat	11.40g
SaturatedFat	3.97g
Trans Fat	0.00g
Cholesterol	71.32mg
Sodium	925.59mg
Carbohydrates	26.00g
Fiber	2.00g
Sugar	3.50g
Protein	21.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 87.50mg	Iron 8.71mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Sierra Turkey Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40913
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	3 Ounce		689541
CHEESE CREAM LOAF	1 Fluid Ounce	READY_TO_EAT ready to eat	163562
CRANBERRY DRD	1/8 Cup		392313
DRESSING POPPYSEED	1 Fluid Ounce	READY_TO_EAT Open, pour and enjoy!	850942
LETTUCE SHRD TACO 1/8CUT	1/8 Cup		242489
TORTILLA SHELL SAL ULTRGR 10IN BK	1 Each		720526

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.069
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.043
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	701.66
Fat	44.03g
SaturatedFat	16.52g
Trans Fat	0.00g
Cholesterol	101.38mg
Sodium	986.38mg
Carbohydrates	55.42g
Fiber	2.09g
Sugar	25.25g
Protein	25.62g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.30mg	Iron 1.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Waffle Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40933
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES WAFFLE	9 Piece	<p>CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING.</p> <p>DEEP_FRY FREIDORA: LLENE LA CANASTA DE LA FREIDORA HASTA LA MITAD (1 LB) CON PAPAS FRITAS CONGELADAS. FRÍA A 350° F DE 2 1 4 À 2 3 4 MINUTOS.</p> <p>UNSPECIFIED PARA OBTENER MEJORES RESULTADOS, NO DESCONGELE EL PRODUCTO ANTES DE COCINARLO Y USE LA TEMPERATURA Y EL TIEMPO RECOMENDADOS. SIEMPRE COCINE HASTA OBTENER UN COLOR DORADO CLARO. NO COCINE DEMASIADO. EL PRODUCTO DEBE ESTAR COMPLETAMENTE COCIDO PARA GARANTIZAR SU CALIDAD Y SEGURIDAD ALIMENTARIA.</p>	201081

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	120.00		
Fat	5.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	20.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	105.82		
Fat	4.41g		
SaturatedFat	0.44g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	17.64mg		
Carbohydrates	14.99g		
Fiber	0.88g		
Sugar	0.00g		
Protein	0.88g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Boneless Wings & Sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40967

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD HMSTYL WGRAIN	10 Each	CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen chunks on a parchment lined baking sheet and heat for 6-8 minutes.	394053
SAUCE BBQ	3 Fluid Ounce		212071
SAUCE WNG HOT HNY	0 Tablespoon	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	616371
SAUCE TERYK MRND LO SOD	0 Tablespoon		176721
DRESSING RNCH DISPNSR PK	0 Tablespoon		676210

Preparation Instructions

Boneless Wings:

Appliances vary, adjust accordingly. Convection Oven: Preheat oven to 350 degrees F. Place frozen chunks on a parchment lined baking sheet and heat for 6-8 minutes.

Sauce:

Toss chicken in sauce: BBQ Sauce 3oz, Hot Honey Sauce 3oz, Teriyaki sauce 3oz, Ranch 2oz

Offer all three sauced chicken options for the student to choose from one of the choices.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	467.14		
Fat	12.86g		
SaturatedFat	2.14g		
Trans Fat	0.00g		
Cholesterol	57.14mg		
Sodium	1355.71mg		
Carbohydrates	65.29g		
Fiber	1.43g		
Sugar	48.00g		
Protein	22.86g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.51mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Bacon Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41002

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD 3Z	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
BACON TKY CKD	1/3 Ounce		834770
CHEESE AMER 160CT SLCD	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	354.60		
Fat	11.64g		
SaturatedFat	3.66g		
Trans Fat	0.00g		
Cholesterol	84.05mg		
Sodium	979.60mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	3.50g		
Protein	33.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	99.50mg	Iron	9.12mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41003

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOTSPCY BRD 3.75Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
LETTUCE ROMAINE CHOP	1 Pint		735787
CHEESE CHED MLD SHRD 4-5 LOL	1/14 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
TOMATO ROMA DCD 3/8IN	1 Ounce		786543

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	1.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.300
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	255.80		
Fat	12.52g		
SaturatedFat	3.68g		
Trans Fat	0.00g		
Cholesterol	53.40mg		
Sodium	383.20mg		
Carbohydrates	14.28g		
Fiber	3.33g		
Sugar	3.67g		
Protein	23.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	90.72mg	Iron	1.84mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Charcuterie Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41120

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST STIX SMKHSE IW	1 Each		738297
PRETZEL ROD SFT WHEAT	1 Each	1 ea = 2 rods	607940
CHEESE STRING MOZZ IW	1 Each	READY_TO_EAT Ready to eat.	786580
CRACKER CHEEZ-IT WGRAIN IW	1 Ounce		282422

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	323.33
Fat	12.17g
SaturatedFat	5.33g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	865.00mg
Carbohydrates	35.17g
Fiber	2.83g
Sugar	1.50g
Protein	19.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 336.33mg	Iron 1.91mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41121

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT DRK BLND	2 1/2 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 350°F. 2. Place frozen chicken pieces on foil lined baking sheet coated with cooking spray. 3. Heat 25 to 30 minutes. UNSPECIFIED Not Currently Available	467802
LETTUCE SHRD TACO 1/8CUT	1/8 Cup		242489
DRESSING RNCH DISPNSR PK	1 Fluid Ounce		676210
SAUCE BUFF WNG REDHOT	2 Teaspoon		704229
CARROT BABY WHL PETITE	1/4 Ounce		768146
CELERY STIX	1/14 Cup		781592
TORTILLA SHELL SAL ULTRGR 10IN BK	1 Each		720526

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	456.29
Fat	30.17g
SaturatedFat	5.75g
Trans Fat	0.00g
Cholesterol	64.17mg
Sodium	916.96mg
Carbohydrates	27.18g
Fiber	2.59g
Sugar	1.79g
Protein	16.53g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 23.29mg	Iron 1.83mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Picnic Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41122

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 Ounce	UNSPECIFIED Not currently available	570533
MAYONNAISE LT	3 Fluid Ounce	READY_TO_EAT This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
GRAPES RED	3/10 Cup		280895
CELERY STIX	1/4 Cup		781592
FLATBREAD W/GRAIN 4IN	2 Each	THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it! Use the product for slider buns, mini pizzas, tacos. The connector can be used for whole grain rich croutons for salad!	959048

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.300
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	480.50		
Fat	15.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	115.00mg		
Sodium	760.00mg		
Carbohydrates	60.90g		
Fiber	3.30g		
Sugar	16.20g		
Protein	24.80g		
Vitamin A	0.20IU	Vitamin C	0.06mg
Calcium	58.74mg	Iron	2.38mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Mediterranean Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41123

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALAMI GENOA SLCD 4/Z	6 Slice		776250
HUMMUS CUP RSTD RED PEPPER	1 Each		601133
FLATBREAD W/GRAIN 4IN	2 Each	THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it! Use the product for slider buns, mini pizzas, tacos. The connector can be used for whole grain rich croutons for salad!	959048

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.188
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	427.50
Fat	18.75g
SaturatedFat	5.25g
Trans Fat	0.00g
Cholesterol	33.75mg
Sodium	1075.00mg
Carbohydrates	45.50g
Fiber	7.00g
Sugar	7.50g
Protein	20.25g
Vitamin A 0.20IU	Vitamin C 0.06mg
Calcium 68.61mg	Iron 3.93mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Veggie Roll Up

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41124

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPINACH LEAF FLAT CLND	1/4 Cup		329401
TOMATO 6X7 MED	1/8 Cup		315133
CHEESE PROV NAT SLCD .75Z	1 1/2 Slice		726532
PEPPERS BAN RING MILD	1 Ounce		466220
PEPPERS COLORED MIXED ASST	1/8 Cup		491012
CUCUMBER SELECT	1/8 Cup		418439
HUMMUS CUP RSTD RED PEPPER	1 Each		601133
TORTILLA SHELL SAL ULTRGR 10IN BK	1 Each		720526

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.125
RedVeg	0.000
OtherVeg	0.760
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	462.43
Fat	25.10g
SaturatedFat	7.76g
Trans Fat	0.00g
Cholesterol	22.50mg
Sodium	828.04mg
Carbohydrates	44.98g
Fiber	8.82g
Sugar	5.69g
Protein	17.19g
Vitamin A 729.09IU	Vitamin C 33.82mg
Calcium 309.09mg	Iron 3.43mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Mozzarella Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41166
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	8 Each	BAKE Cooking Instructions: /u2022 For food safety, quality, and thorough cooking, please follow the instructions below. /u2022 Keep frozen until ready to prepare. *Microwaving not recommended. Due to differences in appliances and quantity prepared, cooking times may vary and require adjustment. Caution-Product will be hot! Check product 1-2 minutes before indicated time. If cheese becomes visible, remove from heat. CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261
SAUCE SPAGHETTI FCY	2 Ounce	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	436.67		
Fat	14.67g		
SaturatedFat	4.67g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	960.00mg		
Carbohydrates	49.00g		
Fiber	5.67g		
Sugar	6.00g		
Protein	27.00g		
Vitamin A	770.67IU	Vitamin C	1.24mg
Calcium	699.67mg	Iron	2.36mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Veggie Pasta

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-41168
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA SPAG 51 WGRAIN	2 Ounce		221460
SAUCE SPAGHETTI FCY	4 Ounce	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
CARROT SHRD MED	2 Ounce		313408
ONION RED JUMBO	1 Ounce		198722
MUSHROOM SLCD 3/16IN 2 RANDOM SZ	1/8 Cup		637442
SPINACH LEAF FLAT CLND	1/4 Cup		329401
PEPPERS COLORED MIXED ASST	1/4 Cup		491012
CHEESE MOZZ SHRD	1/2 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

Parboil pasta the day before.

Heat Marinara Sauce to 165 or more.

Sauté' sliced mushrooms, onions and spinach.

Steam Shredded Carrots and Peppers.

Serve over 1 cup cooked pasta

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.130
RedVeg	0.800
OtherVeg	0.800
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	540.72
Fat	13.08g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	975.08mg
Carbohydrates	83.01g
Fiber	16.59g
Sugar	26.30g
Protein	29.47g
Vitamin A 54143.47IU	Vitamin C 71.70mg
Calcium 554.29mg	Iron 3.59mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken Alfredo

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-41169

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE ALFREDO FZ	4 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	155661
PASTA SPAG 51 WGRAIN	2 Ounce		221460
CHIX PULLED WHT DRK BLND	2 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 350°F. 2. Place frozen chicken pieces on foil lined baking sheet coated with cooking spray. 3. Heat 25 to 30 minutes. UNSPECIFIED Not Currently Available	467802
BROCCOLI CRWN ICELESS	1/4 Cup		704547

Preparation Instructions

Parboil the pasta the day before

Heat the Alfredo sauce and shredded chicken to a temp of 165 or more.

Heat the parboiled pasta and mix with the Alfredo & Chicken.

Steam broccoli until almost tender, mix with the pasta mixture and serve using an 8oz scoop

Meal Components (SLE)

Amount Per Serving

Meat	3.750
Grain	2.000
Fruit	0.000
GreenVeg	0.130
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	478.82
Fat	16.65g
SaturatedFat	8.02g
Trans Fat	0.07g
Cholesterol	82.68mg
Sodium	918.54mg
Carbohydrates	51.91g
Fiber	4.60g
Sugar	10.06g
Protein	30.78g
Vitamin A 141.73IU	Vitamin C 20.29mg
Calcium 439.33mg	Iron 2.83mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Baked Lemon Chicken w/ Veggies

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41171

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD 3Z	1 Each	<p>CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 17-21 minutes.</p> <p>MICROWAVE PREPARATION: Appliances vary, adjust accordingly. Microwave Oven From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.</p>	185033
PASTA SPAG 51 WGRAIN	2 Ounce		221460
BROCCOLI CRWN ICELESS	1/4 Cup		704547
LEMON FCY CALIF	1/4 CT AVG		771309
GRAVY CHIX RSTD	3/10 Cup	<p>HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.</p>	516309

Preparation Instructions

Par cook pasta the day before

Bake chicken breast with 2 slices of fresh lemon on top until reaching a temp of 165 or more

Heat gravy to a temperature of 142 or more.

Heat par cooked pasta

Steam broccoli until nearly tender.

Serve broccoli, gravy and the chicken with the lemon on top, over 1 cup cooked pasta

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.130
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	365.13
Fat	5.98g
SaturatedFat	1.13g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	805.50mg
Carbohydrates	51.30g
Fiber	5.85g
Sugar	3.50g
Protein	32.10g
Vitamin A 149.83IU	Vitamin C 41.08mg
Calcium 53.76mg	Iron 3.35mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Bone In Chicken Wings w/ Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41172

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG CKD HNY BBQ	4 Each	<p>BAKE Appliances vary, adjust accordingly. Conventional Oven 18 - 20 minutes at 400°F from frozen. For best product quality, heat product to a minimum internal temperature of 140°F as measured by a thermometer.</p> <p>Appliances vary, adjust accordingly. Pizza Oven 8 - 10 minutes at 400°F from frozen. For best product quality, heat product to a minimum internal temperature of 140°F as measured by a thermometer.</p> <p>CONVECTION Appliances vary, adjust accordingly. Convection Oven 8 - 10 minutes at 375°F from frozen. For best product quality, heat product to a minimum internal temperature of 140°F as measured by a thermometer.</p> <p>MICROWAVE Appliances vary, adjust accordingly. Microwave Oven 1 - 1 1 2 minutes on High from frozen. Turn wings over and heat an additional 2 minutes. For best product quality, heat product to a minimum internal temperature of 140°F as measured by a thermometer.</p>	160930
SAUCE BBQ	1 1/4 Tablespoon		212071
SAUCE WNG HOT HNY	1 1/4 Tablespoon	<p>READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).</p>	616371
SAUCE TERYK MRND LO SOD	1 1/4 Tablespoon		176721
DRESSING RNCH DISPNSR PK	1 Tablespoon		676210
WG Cluster Roll	2 Serving		R-40081

Preparation Instructions

Prepare wings according to packaged instructions

Toss wings with student choice of 3oz of either sauce and two rolls

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	520.00
Fat	21.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	110.00mg
Sodium	1581.25mg
Carbohydrates	60.63g
Fiber	0.00g
Sugar	28.00g
Protein	25.25g

Vitamin A	0.00IU	Vitamin C	0.00mg
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Calcium	70.00mg	Iron	1.13mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Rice Bowl Station

Servings:	0.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41248
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN	3 Ounce	BAKE Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463
RICE BROWN WGRAIN	1/8 Cup		231059
CHIX PULLED WHT DRK BLND	2 1/2 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 350°F. 2. Place frozen chicken pieces on foil lined baking sheet coated with cooking spray. 3. Heat 25 to 30 minutes. UNSPECIFIED Not Currently Available	467802

Preparation Instructions

2 oz rice = 1 cup cooked

Cook chicken and rice according to packaged instructions.

Serve 4oz WG Rice with 2.5oz chicken

Serve 5.9oz vegetable fried rice with 2.5 oz chicken

Add toppings per customer choice.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	320.49		
Fat	6.22g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	54.17mg		
Sodium	323.73mg		
Carbohydrates	45.97g		
Fiber	2.55g		
Sugar	1.53g		
Protein	18.46g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.25mg	Iron	1.35mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Breakfast for Lunch

Servings:	0.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-41249
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG OMELET CHS COLBY	1 Each		240080
BACON TKY CKD	2 Slice		834770

Preparation Instructions

Serve one omelet with two slices of turkey bacon

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	163.20		
Fat	12.88g		
SaturatedFat	4.22g		
Trans Fat	0.00g		
Cholesterol	177.60mg		
Sodium	523.20mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	10.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	83.00mg	Iron	1.13mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken and Noodles

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-41250
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT DRK BLND	2 1/2 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 350°F. 2. Place frozen chicken pieces on foil lined baking sheet coated with cooking spray. 3. Heat 25 to 30 minutes. UNSPECIFIED Not Currently Available	467802
PASTA SPAG 51 WGRAIN	2 Ounce		221460
BASE CHIX	1/4 Teaspoon	READY_TO_EAT Prepare this roasted chicken base as directed to add a mild poultry flavor to signature soups and stews to give your operation a competitive edge. It saves on back of house preparation by providing a homestyle flavor without the stock pot.	439606
CARROT SHRD MED	1 Ounce		313408
CELERY STIX	1/8 Cup		781592
SOUP CRM OF CHIX	1/3 Cup	UNPREPARED Slowly Mix Soup + 1 2 Can Water + 1 2 Can Milk** With Whisk. Stove: Heat, Stirring Occasionally.	695513

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	393.85
Fat	6.61g
SaturatedFat	1.91g
Trans Fat	0.00g
Cholesterol	64.07mg
Sodium	730.10mg
Carbohydrates	62.78g
Fiber	8.52g
Sugar	11.09g
Protein	24.16g
Vitamin A 26901.48IU	Vitamin C 5.62mg
Calcium 71.62mg	Iron 3.37mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Pull-Aparts

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41251
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL CHS PULL APART IW	1 Each	HEAT_AND_SERVE HEAT & SERVE: Heat frozen Pillsbury® Cheesy Pull-Apart in ovenable pouch. For best quality, follow heating and hold time directions. Preheat Oven. Place 15 (3x5) frozen Pillsbury® Cheesy Pull-Aparts on baking sheet. DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Product can be held in refrigerator for up to 24 hours before preparing. HOLD TIME: Pillsbury® Cheesy Pull-Aparts may be held in warming cabinet for a maximum of 3 hours at 150°F. Do not refreeze. Discard any unused portion of Pillsbury® Cheesy Pull-Aparts. MICROWAVE: Place one pouch in microwave and heat 50-60 seconds. LET STAND one minute before removing from microwave.	809062

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00
Fat	13.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	520.00mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	5.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 340.00mg	Iron 1.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Pizza Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41258

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY PREM CKD 3Z 6-4.875# JTM	1 Each	BAKE 1. Do not thaw.2. Lay out patties on an oven sheet pan in a single layer.3. Heat in a conventional preheated 350 degrees F oven for 12-14 minutes OR Heat in a convection preheated oven at 350 degrees F for 10-12 minutes.	547933
SAUCE SPAGHETTI FCY	4 Ounce	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
CHEESE PROV NAT SLCD .75Z	1 Slice		726532
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	466.67
Fat	23.20g
SaturatedFat	9.30g
Trans Fat	0.93g
Cholesterol	83.00mg
Sodium	1109.67mg
Carbohydrates	36.00g
Fiber	6.03g
Sugar	9.67g
Protein	30.03g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 214.33mg	Iron 9.98mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Lasagna Roll with Garlic Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41259

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY	1 Ounce	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
LASAGNA ROLL-UP WGRAIN	1 Each		234041

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.200
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	251.67
Fat	6.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	496.67mg
Carbohydrates	31.50g
Fiber	2.83g
Sugar	6.67g
Protein	15.83g
Vitamin A 400.00IU	Vitamin C 6.00mg
Calcium 305.83mg	Iron 1.08mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Popcorn Chicken

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41261

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD HMSTYL WGRAIN	10 Each	CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen chunks on a parchment lined baking sheet and heat for 6-8 minutes.	394053

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	257.14		
Fat	12.86g		
SaturatedFat	2.14g		
Trans Fat	0.00g		
Cholesterol	57.14mg		
Sodium	485.71mg		
Carbohydrates	14.29g		
Fiber	1.43g		
Sugar	0.00g		
Protein	22.86g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.43mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

BBQ Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41290

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT DRK BLND	2 1/2 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 350°F. 2. Place frozen chicken pieces on foil lined baking sheet coated with cooking spray. 3. Heat 25 to 30 minutes. UNSPECIFIED Not Currently Available	467802
SAUCE BBQ	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		212071
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	345.00
Fat	6.17g
SaturatedFat	1.25g
Trans Fat	0.00g
Cholesterol	54.17mg
Sodium	765.00mg
Carbohydrates	51.33g
Fiber	2.00g
Sugar	27.00g
Protein	18.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.17mg	Iron 9.37mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken Philly Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41292

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT DK MT FC	3 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
PEPPERS COLORED MIXED ASST	1/4 Cup		491012
ONION RED JUMBO	1 Ounce		198722
CHEESE MOZZ SHRD	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	390.80
Fat	15.05g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	95.00mg
Sodium	811.80mg
Carbohydrates	33.50g
Fiber	2.90g
Sugar	6.50g
Protein	29.60g
Vitamin A 1000.51IU	Vitamin C 60.24mg
Calcium 234.58mg	Iron 9.22mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken Sliders

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41295

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
PICKLE DILL SLCD HAMB 2900CT	1 Slice		149209
MAYONNAISE LT	1 Tablespoon	READY_TO_EAT This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
SAUCE SRIRACHA CHILI	1 Teaspoon		606431
WG Cluster Roll	1 Serving		R-40081

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	205.00
Fat	6.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	22.50mg
Sodium	637.50mg
Carbohydrates	26.00g
Fiber	1.50g
Sugar	4.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 28.01mg	Iron 1.02mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken and Cheese Qeusadillas

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41306

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 6-5# TYS	3 Ounce		349047
TORTILLA SHELL SAL ULTRGR 10IN BK	1 Each		720526
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

Serve with choice of assorted toppings

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	580.00
Fat	39.00g
SaturatedFat	16.50g
Trans Fat	0.00g
Cholesterol	140.00mg
Sodium	880.00mg
Carbohydrates	27.00g
Fiber	2.00g
Sugar	0.00g
Protein	31.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 409.00mg	Iron 3.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken and Cheese Qeusadillas

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41307

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 6-5# TYS	3 Ounce		349047
TORTILLA SHELL SAL ULTRGR 10IN BK	1 Each		720526
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

Serve with choice of assorted toppings

Meal Components (SLE)

Amount Per Serving

Meat	4.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	580.00
Fat	39.00g
SaturatedFat	16.50g
Trans Fat	0.00g
Cholesterol	140.00mg
Sodium	880.00mg
Carbohydrates	27.00g
Fiber	2.00g
Sugar	0.00g
Protein	31.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 409.00mg	Iron 3.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Caribbean Chicken Rice and Beans

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41309

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 6-5# TYS	3 Ounce		349047
RICE BROWN WGRAIN	1/4 Cup		231059
BEANS BLACK LO SOD	1/4 Cup		231981

Preparation Instructions

2 oz uncooked rice = 4oz cooked rice

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.250
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	355.00		
Fat	8.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	397.50mg		
Carbohydrates	47.50g		
Fiber	4.00g		
Sugar	0.50g		
Protein	24.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	41.00mg	Iron	3.25mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Pineapple Salsa

Servings:	144.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41314

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS IN JCE	2 #10 CAN	READY_TO_EAT Ready to Eat	509221
PEPPERS GREEN LRG	2 Pound		592315
ONION RED JUMBO	2 1/4 Pound		198722
CILANTRO FRSH SQR	4 Ounce		349774
PEPPERS JALAP SLCD	1 Pound		499943
JUICE LIME	1 Pint		199028

Preparation Instructions

Portion size 1/4 cup

Drain Pineapple tidbits.

Rinse Bell Peppers and onions under running water, Dice into 1/2" pieces

Rinse cilantro under running water and dry well using a disposable towel. Chop fine

Cut jalapeño into quarters and remove seeds with spoon or knife. Cut into 1/8" dices

In a mixing bowl, combine drained pineapple, diced bell pepper, diced onion, chopped cilantro, diced jalapeño, and lime juice. Toss to combine. Note: 2 lbs AP peppers equals 1 lb 9oz EP; 2 lbs 4oz AP onion equals 1 lb 14oz EP; 4oz cilantro equals almost 2 oz EP; 1 lb AP jalapeño equals 14oz EP

1/4 cup is 1/8 fruit

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.250
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	210.84		
Fat	0.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	31.58mg		
Carbohydrates	48.29g		
Fiber	3.29g		
Sugar	44.60g		
Protein	3.08g		
Vitamin A	23.49IU	Vitamin C	5.60mg
Calcium	2.26mg	Iron	1.21mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Mango

Servings:	1.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41323
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT MANGO/PINEAPPLE DCD 1/4IN	1/2 Cup		198891

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	60.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	13.00mg
Carbohydrates	19.00g
Fiber	2.00g
Sugar	16.00g
Protein	1.00g
Vitamin A 1200.00IU	Vitamin C 37.20mg
Calcium 20.00mg	Iron 0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	52.91
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	11.46mg
Carbohydrates	16.76g
Fiber	1.76g
Sugar	14.11g
Protein	0.88g
Vitamin A 1058.22IU	Vitamin C 32.80mg
Calcium 17.64mg	Iron 0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

PEANUT BUTTER JELLY SANDWICH

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41326
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1/2 Each		516761
SAND UNCRUST PBJ STRAWB	1/2 Each		543822

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	600.00		
Fat	33.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	530.00mg		
Carbohydrates	64.00g		
Fiber	7.00g		
Sugar	30.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	88.50mg	Iron	2.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Blueberry Nutrigrain Bar

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41372

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BLUEB WGRAIN	1 Each		498170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	150.00
Fat	3.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	135.00mg
Carbohydrates	30.00g
Fiber	3.00g
Sugar	14.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	Iron 1.90mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Apple Cinnamon Nutrigrain Bar

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41373

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR APPLE CINN WGRAIN	1 Each		209741

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	150.00
Fat	3.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	120.00mg
Carbohydrates	31.00g
Fiber	3.00g
Sugar	14.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	Iron 1.90mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Nutrigrain Bar

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41374

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR STRAWB WGRAIN	1 Each		209761

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	150.00
Fat	3.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	31.00g
Fiber	3.00g
Sugar	14.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	Iron 1.90mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Apple Fruedel

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41376

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY APPL FILLD IW FRUDEL	1 Each	BAKE Heat & Serve. Heat frozen Fruedel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes HEAT_AND_SERVE Heat & Serve: Heat frozen Fruedel in ovenable pouch Preheat oven to 350°F. Place pouches flat on a baking sheet and heat per chart below: Convection Oven 7-9 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Conventional Oven 11-13 minutes* Consume within 6 hours of preparing - Warming Unit: Preheat Warming Unit to 150°F. Heat for 1 hour and 30 minutes. MICROWAVE Microwave: Place one pouch in microwave and heat on HIGH for 30-40 seconds. LET STAND one minute before removing from microwave CAUTION: Pouch and product can be very hot! Use caution when handling and eating. THAW Thaw & Serve: Thaw at room temperature for 90 minutes prior to serving.	838340

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	210.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	250.00mg		
Carbohydrates	36.00g		
Fiber	2.00g		
Sugar	10.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Cherry Fruedel

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41377

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY CHRY FILLD IW FRUDEL	1 Each	BAKE Heat & Serve. Heat frozen Fruedel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes HEAT_AND_SERVE Heat & Serve: Heat frozen Fruedel in ovenable pouch Preheat oven to 350°F. Place pouches flat on a baking sheet and heat per chart below: Convection Oven 7-9 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Conventional Oven 11-13 minutes* Consume within 6 hours of preparing · Warming Unit: Preheat Warming Unit to 150°F. Heat for 1 hour and 30 minutes. · Microwave: Place one pouch in microwave and heat on HIGH for 30-40 seconds. LET STAND one minute before removing from microwave CAUTION: Pouch and product can be very hot! Use caution when handling and eating. THAW Thaw & Serve: Thaw at room temperature for 90 minutes prior to serving.	838350

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	210.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	260.00mg		
Carbohydrates	36.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Froot Loops Cereal

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41378

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FROOT LOOPS R/S BWL	1 Each		283620

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	100.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	24.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Toast Crunch Cereal

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41379

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL	1 Each	READY_TO_EAT Ready To Eat	365790

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	100.00
Fat	2.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	160.00mg
Carbohydrates	22.00g
Fiber	4.00g
Sugar	6.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 1.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Rice Chex Cereal

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41381

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	268711

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	109.20
Fat	0.60g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	229.60mg
Carbohydrates	24.00g
Fiber	1.10g
Sugar	2.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 92.40mg	Iron 8.82mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Cheerios Cereal

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41382

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS WGRAIN BWL	1 Each	READY_TO_EAT Ready to eat	264702

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	100.00
Fat	2.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	21.00g
Fiber	3.00g
Sugar	1.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 9.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Golden Grahams Bar

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41383

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL GLDN GRHM WGRAIN	1 Each	READY_TO_EAT Ready to Eat	265921

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	150.00
Fat	3.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	115.00mg
Carbohydrates	30.00g
Fiber	3.00g
Sugar	9.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 250.00mg	Iron 1.30mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Cheerios Bar

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41384

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL CHEERIO WGRAIN IW	1 Each	READY_TO_EAT Ready to eat	265931

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	160.00
Fat	3.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	95.00mg
Carbohydrates	30.00g
Fiber	3.00g
Sugar	9.00g
Protein	2.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 250.00mg **Iron** 4.30mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Toast Bar

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41386

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL CINN TST WGRAIN	1 Each	READY_TO_EAT Ready to Eat	265891

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	160.00
Fat	3.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	120.00mg
Carbohydrates	30.00g
Fiber	3.00g
Sugar	8.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 230.00mg	Iron 1.70mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Trix Bar

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41388

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL TRIX WGRAIN	1 Each	READY_TO_EAT Ready to eat	268690

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	160.00
Fat	3.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	105.00mg
Carbohydrates	29.00g
Fiber	3.00g
Sugar	9.00g
Protein	2.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 260.00mg **Iron** 1.50mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Cocoa Puffs Bar

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41389

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL COCOPUFF WGRAIN	1 Each	READY_TO_EAT Ready to Eat	265901

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	160.00
Fat	3.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	105.00mg
Carbohydrates	29.00g
Fiber	3.00g
Sugar	9.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 200.00mg	Iron 1.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon PopTart

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41390

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN	1 Piece		695880

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	170.00
Fat	3.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	120.00mg
Carbohydrates	37.00g
Fiber	3.00g
Sugar	15.00g
Protein	2.00g
Vitamin A 500.00IU	Vitamin C 0.00mg
Calcium 130.00mg	Iron 1.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Strawberry PopTart

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41392

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB	1 Piece		695890

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	170.00
Fat	2.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	115.00mg
Carbohydrates	36.00g
Fiber	3.00g
Sugar	14.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 130.00mg	Iron 1.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Blueberry PopTart

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41398

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN BLUEB	1 Each		865131

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	180.00
Fat	2.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	180.00mg
Carbohydrates	38.00g
Fiber	3.00g
Sugar	15.00g
Protein	2.00g
Vitamin A 500.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 1.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Italian Lemon Chicken

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-41456

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST FLLT GRLLD 3Z	50 Each	<p>CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 17-21 minutes.</p> <p>MICROWAVE PREPARATION: Appliances vary, adjust accordingly. Microwave Oven From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.</p>	185033
CARROT SHRD MED	3 Pound 2 Ounce (50 Ounce)		313408
GARLIC CHPD IN WTR	1/5 Cup		321565
SPICE OREGANO LEAF	2 Teaspoon		513733
SPICE PEPR BLK REST GRIND	2 Teaspoon		225061
OIL OLIVE PURE	1/2 Cup		432061
LEMON JUICE 100	1/2 Cup		311227
BROCCOLI CRWN ICELESS	5 Pound		704547
RICE BROWN WGRAIN	5 9/10 Pound		231059
Water	11 3/10 Pound	READY_TO_DRINK	Water
LEMON FCY CALIF	6 CT AVG		771309

Preparation Instructions

Combine Garlic, Oregano, Salt, Pepper, Olive Oil and Lemon Juice. Liberally coat thawed chicken patties with the mixture. Place in a single layer in a hotel steam pan and bake in oven at 325 until fully cooked, reaching an internal

temperature of 165.

Bring water to a boil. Place rice in a steam table pan and pour over boiling water. Cover and cook in combi oven until water is absorbed and rice is tender.

Steam broccoli, carrots and lemon slices until almost tender. Layer on top of Chicken

Serve 1 chicken patty over 1 cup of rice.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	354.52
Fat	6.41g
SaturatedFat	0.85g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	489.00mg
Carbohydrates	48.34g
Fiber	6.26g
Sugar	6.60g
Protein	29.68g
Vitamin A 26745.45IU	Vitamin C 39.95mg
Calcium 80.54mg	Iron 2.11mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

ASSORTED CEREAL

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41457
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

ASSORTED POP TARTS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41458
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

ASSORTED NUTRIGRAIN BARS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41459
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

ASSORTED CEREAL BARS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41460
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

ASSORTED VEGETABLES

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41461
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41462

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROUND BKFST UBR	1 Each	BAKE HANDLING INSTRUCTIONS: 1. KEEP FROZEN AT 0°F (-18°C) UNTIL READY TO USE. DO NOT CONSUME RAW DOUGH. USE SAFE FOOD HANDLING PROCEDURES. 2. PAN FROZEN DOUGH 3 X 4 ON LINED SHEET PAN. 3. BAKE FROZEN DOUGH UNTIL EDGES ARE GOLDEN BROWN: FOR BEST RESULTS: BAKE IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES. CAN ALSO BE BAKED IN CONVECTION OVEN AT 350°F (175°C), 10 - 12 MINUTES, RACK OVEN AT 350°F (175°C), 10 - 12 MINUTES OR CONVENTIONAL OVEN AT 350°F (175°C) (MIDDLE RACK), FOR 14 - 16 MINUTES. FOR SQUARE SHAPED PRODUCT: PAN FROZEN DOUGH 6 X 8 ON LINED SHEET PAN. BAKE FROZEN DOUGH IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES. 4. REMOVE FROM OVEN AND COOL ON SHEET PAN.	794230

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	244.40
Fat	6.40g
SaturatedFat	2.00g
Trans Fat	0.05g
Cholesterol	7.00mg
Sodium	201.30mg
Carbohydrates	42.00g
Fiber	6.50g
Sugar	16.00g
Protein	4.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.36mg	Iron 1.54mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Sweet Potato Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41463
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT POT DP GROOVE 7/16IN	4 Ounce	DEEP_FRY FILL BASKET ONE HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 4 TO 2 3 4 MINUTES.	628100

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	213.33		
Fat	8.00g		
SaturatedFat	1.33g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	320.00mg		
Carbohydrates	32.00g		
Fiber	1.33g		
Sugar	9.33g		
Protein	1.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.67mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	188.13		
Fat	7.05g		
SaturatedFat	1.18g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	282.19mg		
Carbohydrates	28.22g		
Fiber	1.18g		
Sugar	8.23g		
Protein	1.18g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.27mg	Iron	0.59mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Green Beans

Servings:	40.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-41464
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT BLUE LK	20 Pound		802222
ONION DEHY SUPER TOPPER	1/2 Cup		223255
SPICE PEPR BLK CRACKED	1 Teaspoon		516856

Preparation Instructions

Open and drain the Green Beans.

Place two cans of drained green beans in a full-size hotel pan.

Add onion and pepper.

Place in steamer for 15-20 minutes or until it reaches a temperature of 165 degrees F or higher.

CCP heat to a temperature of 165 degrees F or higher

CCP hold at a temperature of 135 degrees F or higher.

CN equivalent .5 cup Other

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	52.36
Fat	0.01g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	280.80mg
Carbohydrates	8.60g
Fiber	2.08g
Sugar	22.05g
Protein	2.07g
Vitamin A 0.00IU	Vitamin C 0.00mg**
Calcium 50.94mg	Iron 0.02mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

Calories	46.17
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	247.62mg
Carbohydrates	7.58g
Fiber	1.83g
Sugar	19.44g
Protein	1.82g
Vitamin A 0.00IU	Vitamin C 0.00mg**
Calcium 44.92mg	Iron 0.01mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Breakfast Tornado

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41466
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORNADO BKFST SAUS/EGG/CHS 3Z	1 Each	<p>BAKE PREHEAT OVEN TO APPROPRIATE TEMPERATURE SHOWN IN CHART. PLACE TORNADOS ON COOKING SHEET THAT HAS BEEN LINED WITH PARCHMENT PAPER OR LIGHTLY COATED WITH COOKING SPRAY. PLACE IN PREHEATED OVEN FOR TIME SHOWN IN CHART, OR UNTIL 161°F IS ACHIEVED. CHECK TEMPERATURE AND IF NECESSARY, CONTINUE COOKING UNTIL INTERNAL CORE TEMPERATURE REACHES OR EXCEEDS 161°F Cooking time: 25 MINUTES @ 350°F.</p> <p>DEEP_FRY PLACE THAWED TORNADOS INTO FRY BASKET AND CLOSE LID, OR USE SECOND FRY BASKET AS LID TO PREVENT TORNADOS FROM FLOATING. PLACE LOADED FRY BASKET INTO PREHEATED OIL FOR TIME SHOWN IN CHART, OR UNTIL 161°F IS ACHIEVED. CHECK TEMPERATURE AND IF NECESSARY, CONTINUE COOKING UNTIL INTERNAL CORE TEMPERATURE REACHES OR EXCEEDS 161°F. Temperature setting: 375°F Cooking time: DO NOT FRY FROZEN TORNADOS.</p>	740072

Preparation Instructions

Contains PORK

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	180.00
Fat	8.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	280.00mg
Carbohydrates	21.00g
Fiber	0.00g
Sugar	0.00g
Protein	6.00g
Vitamin A 100.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

ASSORTED CEREAL & BREAKFAST BARS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-42210
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Tenders

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42235
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC	4 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951

Preparation Instructions

Bake Chicken Tenders from frozen at 375F for 6-8 minutes.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

Amount Per Serving

Calories	346.67
Fat	20.00g
SaturatedFat	3.33g
Trans Fat	0.00g
Cholesterol	33.33mg
Sodium	520.00mg
Carbohydrates	21.33g
Fiber	4.00g
Sugar	1.33g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 48.00mg	Iron 2.67mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Chocolate Chip Overnight Oats

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-42638

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS HEARTY KETTLE HOT	2 Quart 1 Pint (10 Cup)		467278
MILK WHT FF	1 Quart 3/4 Cup (4 3/4 Cup)		557862
SUGAR BROWN LT	6 Fluid Ounce 1/2 Tablespoon (12 1/2 Tablespoon)		860311
YOGURT VAN L/F	3 Quart 1 Pint 1/2 Cup (14 1/2 Cup)		541966
CHOC CHIPS SMISWT 1000/	1 Pound 9 Ounce (25 Ounce)		874523
Strawberries, Diced, Cups, Frozen	3 Quart 1/2 Cup (12 1/2 Cup)	THAW Thaw under refrigeration prior to serving.	100256

Preparation Instructions

Make day before serving.

In a full size steam table pan, combine oats & brown sugar for a 25 serving batch.

Add milk and yogurt and stir to fully combine.

Cover tightly and hold oats base in refrigerator overnight.

Portion 1 cup of the oats base into #747943 plastic cup.

Layer 1 oz of the chocolate chips and top with .5 cup fruit

Place lid on top of the cup and store in refrigerator until serving.

Overnight oats base can be held for up to 3 days in refrigerator in an airtight container. Once topped for service, use within 24 hrs.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	1.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	354.33
Fat	3.97g
SaturatedFat	1.58g
Trans Fat	0.00g
Cholesterol	8.68mg
Sodium	101.75mg
Carbohydrates	70.21g
Fiber	5.20g
Sugar	42.84g
Protein	10.99g
Vitamin A 94.96IU	Vitamin C 0.00mg
Calcium 281.06mg	Iron 1.29mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken & Noodles

Servings:	100.00	Category:	Entree
Serving Size:	8.00 Fluid Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-42832
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT DRK BLND	14 9/16 Pound	BAKE Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 350°F. 2. Place frozen chicken pieces on foil lined baking sheet coated with cooking spray. 3. Heat 25 to 30 minutes. UNSPECIFIED Not Currently Available	467802
PASTA SPAG 51 WGRAIN	6 5/9 Pound		221460
BASE CHIX	1 Pint	READY_TO_EAT Prepare this roasted chicken base as directed to add a mild poultry flavor to signature soups and stews to give your operation a competitive edge. It saves on back of house preparation by providing a homestyle flavor without the stock pot.	439606
CARROT SHRD MED	1 Pint 1 Cup (3 Cup)		313408
CELERY STIX	1 Pint 1 Cup (3 Cup)		781592
GRAVY CHIX RSTD	2 Each	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	516309
Water	3 5/12 Gallon	READY_TO_DRINK	Water

Preparation Instructions

Combine chicken, chicken base, water, carrots, celery in kettle, or tilt skillet, or deep hotel pan (25 servings per pan)

Add spices.

Let mix come to a boil.

Add noodles, stir thoroughly, let it come to a boil and lower the temperature to a simmer.

Simmer for 18-25 min or until noodles are tender.

Add Gravy, stir. Add more water as needed.

Serve 8oz per serving and a dinner roll (1grain)

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.200
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 8.00 Fluid Ounce

Amount Per Serving

Calories	227.99
Fat	5.87g
SaturatedFat	1.41g
Trans Fat	0.00g
Cholesterol	50.47mg
Sodium	1047.07mg
Carbohydrates	26.03g
Fiber	2.43g
Sugar	2.97g
Protein	17.71g
Vitamin A 1405.85IU	Vitamin C 0.30mg
Calcium 16.44mg	Iron 1.85mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken Parmesan Pasta

Servings:	0.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43141
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
PASTA SPAG 51 WGRAIN	2 Ounce		221460
SAUCE SPAGHETTI FCY	2 1/2 Ounce	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
CHEESE MOZZ SHRD	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

- Bake Breaded Chicken Patty
- Cook Pasta until tender
- Heat Marinara Sauce
- Place 1 cup cooked pasta in bowl,
- Place chicken patty on top
- Top with marinara sauce and mozzarella cheese

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	549.17
Fat	20.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	906.67mg
Carbohydrates	63.25g
Fiber	9.08g
Sugar	9.17g
Protein	30.08g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 264.58mg	Iron 4.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Smothered Burrito

Servings:	0.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43147
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610
CHIX PULLED WHT DRK BLND	2 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 350°F. 2. Place frozen chicken pieces on foil lined baking sheet coated with cooking spray. 3. Heat 25 to 30 minutes. UNSPECIFIED Not Currently Available	467802
SAUCE CHS QUESO BLANCO FZ	2 1/2 Ounce	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	722110
SEASONING TACO SLT FR	1/4 Teaspoon		605062

Preparation Instructions

Steam Shredded Chicken, mix in taco seasoning when chicken is heated up

Heat up queso

Place chicken in tortilla shell together with the queso sauce.

Fold up and serve one each.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	404.50
Fat	19.83g
SaturatedFat	11.00g
Trans Fat	0.01g
Cholesterol	79.58mg
Sodium	775.13mg
Carbohydrates	32.42g
Fiber	4.25g
Sugar	2.00g
Protein	24.04g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 310.83mg	Iron 2.79mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Loaded Taco Potato

Servings:	0.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43151
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO BAKER IDAHO	1 Each		233285
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
SAUCE CHS QUESO BLANCO FZ	2 1/2 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722110
CHIP TORTL RND WGRAIN	13 Piece	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741

Preparation Instructions

- Bake potato
- Heat taco meat
- Heat queso cheese
- Place potato in a paper tray, cut open and spread out
- Top potato with taco meat and queso cheese
- Serve with 13 ea tortilla chips

Meal Components (SLE)

Amount Per Serving

Meat	2.512
Grain	2.234
Fruit	0.000
GreenVeg	0.000
RedVeg	0.082
OtherVeg	0.000
Legumes	0.000
Starch	453.515

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	473.61
Fat	25.75g
SaturatedFat	9.92g
Trans Fat	0.01g
Cholesterol	57.70mg
Sodium	937.75mg
Carbohydrates	40.15g
Fiber	4.96g
Sugar	1.26g
Protein	20.03g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 347.67mg	Iron 2.14mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Loaded Taco Fries

Servings:	0.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43154
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 5/16IN	4 Ounce	CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 8 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 2 1 2 TO 3 MINUTES.	118861
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
SAUCE CHS QUESO BLANCO FZ	2 1/2 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722110
CHIP TORTL RND WGRAIN	13 Piece	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741

Preparation Instructions

Bake french fries

Heat taco meat

Heat queso cheese

Place fries in a paper tray

Top potato with taco meat and queso cheese

Serve with 13 ea tortilla chips

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	673.61
Fat	36.42g
SaturatedFat	11.26g
Trans Fat	0.01g
Cholesterol	57.70mg
Sodium	1417.75mg
Carbohydrates	66.82g
Fiber	6.30g
Sugar	2.60g
Protein	22.69g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 347.67mg	Iron 3.10mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Bacon Cheeseburger

Servings:	0.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43156
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD 2.25Z 6-5 JTM	1 Each	BAKE FROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM.	655482
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474
CHEESE AMER 160CT SLCD	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260
BACON TKY CKD	2 Slice		834770

Preparation Instructions

Cook hamburger patty from frozen at 350F for 9-11 minutes, or from thawed 350F for 5-7 minutes.

Cook bacon at 350F for 3-5 minutes.

Place cheese slice and bacon on top of beef patty and place in between bun.

Serve one sandwich each.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	378.70
Fat	18.98g
SaturatedFat	7.12g
Trans Fat	0.58g
Cholesterol	61.10mg
Sodium	839.60mg
Carbohydrates	27.00g
Fiber	2.80g
Sugar	3.50g
Protein	24.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 107.50mg	Iron 9.57mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Fiesta Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43306
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330

Preparation Instructions

Prepare taco meat according to package instruction. Serve 3 oz total of meat and add one choice of grain ingredient to complete the entree.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	107.03
Fat	4.54g
SaturatedFat	1.70g
Trans Fat	0.00g
Cholesterol	32.18mg
Sodium	279.84mg
Carbohydrates	4.73g
Fiber	1.89g
Sugar	1.89g
Protein	12.11g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 47.32mg	Iron 1.87mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Peppers & Onion mix

Servings:	0.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43310
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION YEL SLIVER 1/4IN CUT	1 Ounce		285371
PEPPERS COLORED MIXED ASST	1/4 Cup		491012
SHORTENING LIQ CANOLA CLR FRY	1 Tablespoon	READY_TO_EAT This ready-to-use clear canola fry shortening simplifies back-of-house prep and can be used for all of your back-of-house deep frying needs.	255831
JUICE LIME	1 Teaspoon		199028
SAUCE SOY LITE	1/4 Tablespoon		466425

Preparation Instructions

Slice Peppers into strips.

Sauté' onion slivers and peppers together with the canola oil, lime juice and soy sauce in the tilt skilled or on a sheet pan in the oven until soft.

Serve 4oz of mixture split between the two tortillas.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	143.30
Fat	14.05g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	149.30mg
Carbohydrates	5.75g
Fiber	0.90g
Sugar	2.50g
Protein	0.85g
Vitamin A 1000.51IU	Vitamin C 60.24mg
Calcium 9.58mg	Iron 0.22mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	126.37
Fat	12.39g
SaturatedFat	0.88g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	131.66mg
Carbohydrates	5.07g
Fiber	0.79g
Sugar	2.20g
Protein	0.75g
Vitamin A 882.30IU	Vitamin C 53.12mg
Calcium 8.45mg	Iron 0.19mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Chicken Fajitas

Servings:	0.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43318
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 6-5# TYS	3 Ounce		349047
TORTILLA CORN 6IN THIN	4 Each		728341

Preparation Instructions

Cook chicken according to package instructions. Serve 3 oz of chicken together with 4 each of the corn tortillas. Add toppings as desired by customer.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	280.00		
Fat	8.50g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	80.00mg		
Sodium	330.00mg		
Carbohydrates	34.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.00mg	Iron	3.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Beef Nachos

Servings:	0.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43319
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	722330
SAUCE CHS QUESO BLANCO FZ	2 Ounce	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	722110
CHIP TORTL RND WGRAIN	1 Ounce	READY TO EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741

Preparation Instructions

Heat taco meat according to packaged instructions.

Heat queso sauce according to packaged instructions

Serve on top of tortilla chips.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	368.63
Fat	20.14g
SaturatedFat	8.30g
Trans Fat	0.01g
Cholesterol	61.18mg
Sodium	831.34mg
Carbohydrates	25.73g
Fiber	3.99g
Sugar	1.89g
Protein	20.81g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 287.32mg	Iron 2.37mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nachos

Servings:	0.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43320
School:	Hamilton Southeastern Intermediate Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 6-5# TYS	3 Ounce		349047
SEASONING TACO SLT FR	1/2 Teaspoon		605062
SAUCE CHS QUESO BLANCO FZ	2 Ounce	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	722110
CHIP TORTL RND WGRAIN	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741

Preparation Instructions

Heat Chicken according to package instructions, mix well with taco seasoning.

Heat queso cheese according to packet instructions,

Serve with Corn Chips

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	396.60
Fat	22.60g
SaturatedFat	8.60g
Trans Fat	0.01g
Cholesterol	109.00mg
Sodium	886.50mg
Carbohydrates	24.00g
Fiber	2.35g
Sugar	0.00g
Protein	24.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 241.00mg	Iron 2.75mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chili Cheese Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43348

Ingredients

Description	Measurement	Prep Instructions	DistPart #
6" Whole Grain Rich Hot Dog Bun	1 Each		3709
FRANKS BEEF 6/	1 Each		330043
ENTREE BEEF CHILI W/O BEAN 6-5# JTM	1 Ounce	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	661891
SAUCE CHS CHED	1 Ounce	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	271081

Preparation Instructions

Place thawed hotdogs in hotel pan, add 2 cups of cold water, cover tightly and bake in convection oven at 350 F until reaching an internal temperature of 165 F. Prepare chili according to directions.

Serve on the line by placing one hot dog in bun, add 1 oz of chili (disher#20), and offer cheese sauce on top, 1 oz.

Meal Components (SLE)

Amount Per Serving

Meat	3.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	430.80
Fat	29.08g
SaturatedFat	10.97g
Trans Fat	1.07g
Cholesterol	73.73mg
Sodium	1144.66mg
Carbohydrates	24.43g
Fiber	0.64g
Sugar	4.52g
Protein	18.74g
Vitamin A 213.19IU	Vitamin C 0.00mg
Calcium 134.49mg	Iron 1.47mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potato Chicken Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43670

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	1/2 Cup	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738
CHIX BRST CHNK BRD HMSTYL WGRAIN	10 Each	CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen chunks on a parchment lined baking sheet and heat for 6-8 minutes.	394053
GRAVY CHIX RSTD	1/4 Cup	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	516309
CHEESE CHED MLD SHRD 4-5 LOL	1/14 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

In a 1LB boat, add 1/2 cup (#8) scoop mashed potatoes. Top with 10 pc breaded chicken chunks. Add 1/4 cup gravy, garnish with 1/2 oz (weight) shredded cheddar.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	2.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	502.94
Fat	19.38g
SaturatedFat	4.32g
Trans Fat	0.00g
Cholesterol	65.54mg
Sodium	1618.91mg
Carbohydrates	52.57g
Fiber	3.43g
Sugar	0.00g
Protein	29.54g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 78.72mg	Iron 2.03mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	40.00	Category:	Vegetable
Serving Size:	4.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43672

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	4 Kilogram 600 0 Gram (4600 Gram)	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738

Preparation Instructions

- 1) POUR 1 POUCH OF POTATO PEARLS EXCEL MASHED POTATOES INTO A 4" DEEP HALF-SIZE STEAM TABLE PAN.
 - 2) MEASURE 1 GALLON OF HOT WATER (170- 190 DEGREES F) AND POUR OVER POTATO PEARLS EXCEL MASHED POTATOES. PROMPTLY STIR FOR 15-20 SECONDS TO ENSURE EVEN DISTRIBUTION.
 - 3) ALLOW POTATOES TO SIT FOR 3-5 MINUTES. FLUFF WITH FORK AND SERVE. 4)RE-FRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED.
- 1 bag yields 40-1/2 cup servings.
- CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.
- CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving

Calories	1460.34
Fat	16.23g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	6003.63mg
Carbohydrates	275.84g
Fiber	16.23g
Sugar	0.00g
Protein	32.45g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 162.26mg	Iron 4.87mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Green Beans

Servings:	40.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43684

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT BLUE LK	11 Pound 1 7/9 Ounce (177 7/9 Ounce)		802222
BASE HAM NO ADDED MSG	1/4 Cup	READY_TO_EAT Prepare as directed.	686691

Preparation Instructions

Place two cans of drained green beans in 4" hotel pan.

Add 1/4 cup Ham base.

Steam without lid until it reaches a temperature of 142F or higher.

Serve .5 cup each

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	27.90
Fat	0.01g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	161.81mg
Carbohydrates	4.45g
Fiber	1.11g
Sugar	12.23g
Protein	1.11g
Vitamin A 0.00IU	Vitamin C 0.00mg**
Calcium 27.78mg	Iron 0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

Calories	24.61
Fat	0.01g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	142.69mg
Carbohydrates	3.92g
Fiber	0.98g
Sugar	10.78g
Protein	0.98g
Vitamin A 0.00IU	Vitamin C 0.00mg**
Calcium 24.50mg	Iron 0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Turkey Gravy

Servings:	0.00	Category:	Condiments or Other
Serving Size:	2.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43688

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY CHIX RSTD	1/4 Cup	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	516309

Preparation Instructions

Heat to an internal temperature of 165F.

Ladle 2oz serving each

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 2.00 Fluid Ounce

Amount Per Serving			
Calories	35.00		
Fat	2.00g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	340.00mg		
Carbohydrates	4.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Stuffing Mix

Servings:	110.00	Category:	Grain
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43689

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STUFFING MIX CRNBRD	3 Pound 8 Ounce (56 Ounce)		253215
Water	1 1/2 Quart	READY_TO_DRINK	Water

Preparation Instructions

Combine 1 ½ quarts (6 cups) HOT (140-180 F) water*, contents of seasoning packet in a full-size steam table pan. Stir well.

Stir in bread crumb mixture. Cover and bake in a 350 F conventional oven (about 25 minutes). For drier stuffing, bake uncovered Keep warm (160 F). Fluff with fork before serving.

Use a #16 scoop disher for a 1/4 cup serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 110.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	132.36		
Fat	1.53g		
SaturatedFat	0.51g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	702.55mg		
Carbohydrates	25.45g		
Fiber	1.02g		
Sugar	2.04g		
Protein	4.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	155.63		
Fat	1.80g		
SaturatedFat	0.60g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	826.05mg		
Carbohydrates	29.93g		
Fiber	1.20g		
Sugar	2.39g		
Protein	4.79g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

THANKSGIVING MEAL

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43691

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey, Roast, Frozen	19 1/8 Pound		
SPICE BASIL LEAF	2 Fluid Ounce		513628
SPICE OREGANO LEAF	2 Fluid Ounce		513733
SEASONING GARLIC ROMANO	2 Fluid Ounce		655279
SALT SEA	1 Fluid Ounce		748590
BROTH CHIX	2 9/13 Quart		264865

Preparation Instructions

Preheat oven to 350 degrees F.

Place the turkey roasts in two 6" hotel pans. Combine all the remaining ingredients and pour over the turkey. Cover the pans tightly with foil. Place pans in the preheated oven and braise for about 3 hours. Adjust time depending on weight of turkey.

Retain juices from turkey roast for later use.

Slice the turkey into 3oz, (by weight) servings. Place in shingled layers in a 4" hotel pan. Add some of the turkey broth to cover the bottom of the pan so not to dry out.

Cooling for later use: Cover tightly with plastic wrap and place in cooler until chilled to 41 degrees F or below.

Reheating: Heat to 165 degrees F or higher.

Serve one 3 oz slice per student.

Child Nutrition Equivalent: 2 m/ma

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	13.59		
Fat	0.73g		
SaturatedFat	0.37g		
Trans Fat	0.00g		
Cholesterol	2.89mg		
Sodium	295.88mg		
Carbohydrates	0.11g		
Fiber	0.00g		
Sugar	0.11g		
Protein	1.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.86mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	15.98		
Fat	0.85g		
SaturatedFat	0.43g		
Trans Fat	0.00g		
Cholesterol	3.40mg		
Sodium	347.89mg		
Carbohydrates	0.13g		
Fiber	0.00g		
Sugar	0.13g		
Protein	1.18g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.01mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Country Fried Chicken & Mash

Servings:	0.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43750

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST BRD CKD WGRAIN 3.75Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a baking sheet lined with parchment paper in a single layer. Heat for 18 to 20 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F; no steam and low fans. Place frozen filets in a single layer on a baking sheet lined with parchment paper. Heat for 16 to 18 minutes.	525480
GRAVY CHIX RSTD	3 Fluid Ounce	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	516309
POTATO PRLS EXCEL	1/4 Cup	RECONSTITUTE 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan. 2: Add all potatoes, stir for 15 seconds. 3: Let stand for 5 minutes, stir and serve.	613738

Preparation Instructions

Bake Chicken according to package instructions.

Prepare Mashed potatoes according to package instructions

Heat gravy in the steamer until it reaches a temperature of 164F or above.

Serve 4oz mashed potatoes, 1 chicken patty & 3 fl oz gravy on top.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Food Component Equivalents: 2 oz. Meat/Meat Alternate , 1 grain, 1 starchy vegetable

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.000

Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	342.50
Fat	13.00g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	1170.00mg
Carbohydrates	32.00g
Fiber	4.00g
Sugar	0.00g
Protein	22.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.50mg	Iron 1.30mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Latin Chicken

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43898

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT DK MT FC	19 Pound	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
SAUCE SOY LITE	1 Pint		466425
JUICE ORNG 100 FZ	2 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	135450
HONEY BEAR SQZ 12-12Z BRICK	2/3 Cup		357018
CILANTRO CLEANED	2/3 Cup		219550
OIL BLND CANOLA/XVGRN 80/20	2 Fluid Ounce		645182
SUGAR BROWN LT	2 Fluid Ounce		860311
SPICE GARLIC GRANULATED	2 Fluid Ounce		513881
SPICE PEPR RED CRUSHED	1 Fluid Ounce		430196
SPICE CUMIN GRND	1 Fluid Ounce		273945
SPICE PEPR BLK REG FINE GRIND	1 Fluid Ounce		225037

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.027
Grain	0.000
Fruit	0.010
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.007
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	153.27
Fat	7.65g
SaturatedFat	2.07g
Trans Fat	0.00g
Cholesterol	81.07mg
Sodium	594.13mg
Carbohydrates	3.68g
Fiber	0.00g
Sugar	0.83g
Protein	17.55g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.51mg	Iron 1.11mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	180.21
Fat	9.00g
SaturatedFat	2.43g
Trans Fat	0.00g
Cholesterol	95.32mg
Sodium	698.58mg
Carbohydrates	4.33g
Fiber	0.00g
Sugar	0.98g
Protein	20.63g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 17.06mg	Iron 1.31mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Cuban Black Beans & Rice

Servings:	100.00	Category:	Grain
Serving Size:	9.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43899

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD	14 Pound		231981
Diced Red Peppers, Fresh Cut	1 Pound 4 Ounce (20 Ounce)		
Diced Yellow Onions	1 Pound 4 Ounce (20 Ounce)	READY_TO_EAT	Wilkens Food Service
CILANTRO BUNCHED	1 Each		877491
RICE BROWN WGRAIN	6 1/4 Pound		231059
SPICE GARLIC GRANULATED	12 Ounce		513881
SPICE CUMIN GRND	1/2 Cup		273945
Water	1 Gallon 2 1/5 Quart (6 1/5 Quart)	READY_TO_DRINK	Water
Kosher Salt	1 Fluid Ounce 2/3 Tablespoon (2 2/3 Tablespoon)	READY_TO_EAT	65932
OIL BLND CANOLA/XVGRN 80/20	1 1/2 Cup		645182

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 9.00 Ounce

Amount Per Serving

Calories	156.54
Fat	4.11g
SaturatedFat	0.24g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	128.43mg
Carbohydrates	30.20g
Fiber	2.85g
Sugar	1.75g
Protein	4.71g
Vitamin A 52.50IU	Vitamin C 0.17mg
Calcium 82.40mg	Iron 1.11mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

Calories	61.35
Fat	1.61g
SaturatedFat	0.09g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	50.34mg
Carbohydrates	11.84g
Fiber	1.12g
Sugar	0.68g
Protein	1.84g
Vitamin A 20.58IU	Vitamin C 0.06mg
Calcium 32.30mg	Iron 0.44mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

THANKSGIVING MEAL-

Servings:	100.00	Category:	Entree
Serving Size:	3.00 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-44099

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey, Roast, Frozen	19 1/8 Pound	BAKE Thaw several days before cooking. Bake at 400 degrees until internal temp reaches 165 degrees or more.	100125
SPICE BASIL LEAF	1/4 Cup		513628
SPICE OREGANO LEAF	1/4 Cup		513733
SEASONING GARLIC ROMANO	1/4 Cup		655279
SALT SEA	1/8 Cup		748590
BROTH CHIX	2 9/13 Quart		264865

Preparation Instructions

Preheat oven to 350 degrees F

Place the thawed turkey roasts in two 6" hotel pans. Combine all the remaining ingredients and pour equal amounts over the turkeys. Cover the pans tightly with foil. Place pans in the preheated oven and braise for about 3 hours. Adjust time depending on weight of turkey. Cook until the turkey reaches a temperature of 165 degrees F or more.

Cool for slicing later.

Food is cooled quickly and safely from 140°F (60°C) to 70°F (21°C) within 2 hours and then to 40°F (4°C) or below within an additional 4 hours (total cooling time 6 hours).

Retain juices from turkey roast for later use.

Slice the turkey into 3oz, (by weight) servings. Place in shingled layers in a 4" hotel pan. Add some of the turkey broth to cover the bottom of the pan so not to dry out.

Reheating: Heat to 165 degrees F or higher.

Serve one 3 oz slice per student.

Child Nutrition Equivalent: 2 m/ma

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Ounce

Amount Per Serving

Calories	121.68		
Fat	6.41g		
SaturatedFat	2.26g		
Trans Fat	0.00g		
Cholesterol	46.51mg		
Sodium	669.08mg		
Carbohydrates	0.11g		
Fiber	0.00g		
Sugar	0.11g		
Protein	16.18g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.86mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	143.07		
Fat	7.54g		
SaturatedFat	2.66g		
Trans Fat	0.00g		
Cholesterol	54.69mg		
Sodium	786.70mg		
Carbohydrates	0.13g		
Fiber	0.00g		
Sugar	0.13g		
Protein	19.02g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.01mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Hawaiian Dinner Roll -Thanksgiving

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44100

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL HWN UNSLC 1.25Z	1 Each		633931

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	100.00
Fat	1.00g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	150.00mg
Carbohydrates	14.00g
Fiber	1.00g
Sugar	5.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

RUNZA

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-44473

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRUMBLES 8-5	3 Pound	BAKE Conventional oven frozen product preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20 40 minutes.	581950
CHEESE CHED MLD SHRD 4-5 LOL	3 Pound	READY_TO_EAT Preshredded. Use cold or melted	150250
BUTTER ALT LIQ NT	1 Cup		614640
ONION RED JUMBO	1 Pound		596973
COLE SLAW SHRED SEP 1/16IN	2 Pound		430347
SPICE PEPR BLK CRACKED	14 Gram		516856
PICKLE DILL SLCD HAMB 1/8IN	1 Pound		446815
DOUGH PIZZA SHTD WGRAIN	48 Each		863913

Preparation Instructions

Thaw Meat.

Thin slice onions.

Chop pickle slices into pieces.

Mix all ingredients together, beef crumbles, butter, cabbage, onion, pickles and pepper.

Method #1.

Sautee Beef in tilt skillet over medium heat. Cook to 155 degrees or higher.

Add butter, cabbage, onion, pickles and pepper.

Cook uncovered, stirring often, until cabbage is tender and aromatic. We want to evaporate the excess liquid in this step.

Method #2.

Place filling mix in a hotel pan, do not overfill the pans.

Steam for 15 minutes or until the mix reaches a temperature of 165 degrees or more.

Drain any excess liquid.

You can portion 6lb (48svs) per hotel pan and chill for storage for next day if desired.

On day of service:

Preheat oven to 375 degrees F.

Let dough thaw on a sheet pan in a single layer, or in between sheets of parchment paper for 15-30 minutes, until pliable enough to work with.

Scoop 2 ounces of filling into the center of each dough round.

Fold one edge of the dough over the filling, with the edges meeting on the opposite side. Press the seam edges of the dough using a fork. Place on a parchment lined sheet pan.

Bake 15-20 minutes, until bread is golden brown, and the internal temperature reaches 165 degrees F or higher.

Remove from oven and mist with pan spray or brush some liquid butter to add shine and slightly soften the crust.

Transfer to steamtable pans for service.

Leftovers can be chilled properly and frozen.

Serve one per student.

CN Equivalent 2m/ma & 2 grain.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	368.88		
Fat	18.22g		
SaturatedFat	8.43g		
Trans Fat	0.01g		
Cholesterol	42.50mg		
Sodium	664.14mg		
Carbohydrates	33.49g		
Fiber	3.80g		
Sugar	4.98g		
Protein	18.62g		
Vitamin A	0.19IU	Vitamin C	0.70mg
Calcium	234.11mg	Iron	2.53mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

VEGETARIAN RUNZA

Servings:	48.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-44481

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND PLNTBSD	6 Pound		352804
CHEESE CHED MLD SHRD 4-5 LOL	3 Pound		150250
BUTTER ALT LIQ NT	1 Cup		614640
ONION RED JUMBO	1 Pound		596973
COLE SLAW SHRED SEP 1/16IN	2 Pound		430347
SPICE PEPR BLK CRACKED	14 Gram		516856
PICKLE DILL SLCD HAMB 1/8IN	1 Pound		446815
DOUGH PIZZA SHTD WGRAIN	48 Each		863913

Preparation Instructions

Thaw Meat.

Thin slice onions.

Chop pickle slices into pieces.

Mix all ingredients together, beef crumbles, butter, cabbage, onion, pickles and pepper.

Method #1.

Sautee Beef in tilt skillet over medium heat. Cook to 155 degrees or higher.

Add butter, cabbage, onion, pickles and pepper.

Cook uncovered, stirring often, until cabbage is tender and aromatic. We want to evaporate the excess liquid in this step.

Method #2.

Place filling mix in a hotel pan, do not overfill the pans.

Steam for 15 minutes or until the mix reaches a temperature of 165 degrees or more.

Drain any excess liquid.

You can portion 6lb (48svs) per hotel pan and chill for storage for next day if desired.

On day of service:

Preheat oven to 375 degrees F.

Let dough thaw on a sheet pan in a single layer, or in between sheets of parchment paper for 15-30 minutes, until pliable enough to work with.

Scoop 2 ounces of filling into the center of each dough round.

Fold one edge of the dough over the filling, with the edges meeting on the opposite side. Press the seam edges of the dough using a fork. Place on a parchment lined sheet pan.

Bake 15-20 minutes, until bread is golden brown, and the internal temperature reaches 165 degrees F or higher.

Remove from oven and mist with pan spray or brush some liquid butter to add shine and slightly soften the crust.

Transfer to steamtable pans for service.

Leftovers can be chilled properly and frozen.

Serve one per student.

CN Equivalent 2m/ma & 2 grain.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	389.04
Fat	18.77g
SaturatedFat	7.13g
Trans Fat	0.01g
Cholesterol	15.00mg
Sodium	558.97mg
Carbohydrates	35.58g
Fiber	4.80g
Sugar	5.48g
Protein	20.82g
Vitamin A 0.19IU	Vitamin C 0.70mg
Calcium 243.29mg	Iron 4.06mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken 'n Noodles

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44486

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PULLED WHT DRK BLND	7 1/2 Pound	BAKE Appliances vary, adjust accordingly. Conventional Oven 1. Preheat oven to 350°F. 2. Place frozen chicken pieces on foil lined baking sheet coated with cooking spray. 3. Heat 25 to 30 minutes. UNSPECIFIED Not Currently Available	467802
PASTA NOODLE EGG WGRAIN 1/2 2-5#	2 1/2 Pound		402763
BUTTER ALT LIQ NT	4 Ounce		614640
ONION DEHY SUPER TOPPER	3/4 Cup		223255
BROTH CHIX NO MSG	2 1/4 Gallon	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/u201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/u20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/u201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	261564
SPICE PEPR BLK CRACKED	1 Teaspoon		516856
CELERY DCD IQF	1 Gallon		261513
CARROT DCD	1 Gallon		285640

Preparation Instructions

In a large kettle, combine chicken broth, onions, carrots, celery, pepper, butter and shredded chicken.
Bring to a boil.
Slowly stir in noodles.

Boil for 35-45 minutes.

DO NOT DRAIN

Noodles will continue to thicken after cooking.

Add water as needed for consistency.

CCP: Heat to 165 degrees F or higher for at least 15 seconds

Scoop mixture from kettle into full steamtable pans.

CCP: Hold for hot service at 135 degrees F or higher.

Portion with 8oz ladle (1 cup)

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving

Calories	224.76
Fat	6.65g
SaturatedFat	1.60g
Trans Fat	0.00g
Cholesterol	52.00mg
Sodium	576.05mg
Carbohydrates	23.34g
Fiber	2.64g
Sugar	3.49g
Protein	16.16g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 32.40mg	Iron 1.79mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Fortune Cookie

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44531
School:	Thorpe Creek Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COOKIE FORTUNE WGRAIN	1 Each		565142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	11.67		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	2.67g		
Fiber	0.00g		
Sugar	1.67g		
Protein	0.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.50mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Bacon Ranch Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44533
School:	Thorpe Creek Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD 3Z	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
BACON TKY CKD	1/3 Ounce		834770
DRESSING RNCH LT	1 Ounce	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	472999
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.800
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	369.60		
Fat	9.64g		
SaturatedFat	1.16g		
Trans Fat	0.00g		
Cholesterol	76.55mg		
Sodium	934.60mg		
Carbohydrates	37.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	30.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.00mg	Iron	9.12mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken Teriyaki Dumplings

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44535
School:	Thorpe Creek Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR POTSTKR CHIX VEG WGRAIN	6 Each		640331
SAUCE TERYK MRND LO SOD	1 Fluid Ounce		176721

Preparation Instructions

PREP INSTRUCTIONS:

PAN-SEAR: Heat a large nonstick skillet pan over high heat, add 2 oz of water to coat. Add 12-14 frozen dumplings, cover and cook for 2-3 minutes or until most water is absorbed. Reduce heat to medium, add ½ oz of oil. Cover and let simmer for 3-4 minutes or until golden brown.

STEAM: Pre-heat steamer. Lightly coat a 2 full-size hotel pan with cooking oil spray. Arrange and space apart 20-24 frozen dumplings into pan without touching. Steam dumplings uncovered for 8 minutes, or until cooked through.

BOIL (soup): Add frozen dumplings into boiling water. Cover and boil over high heat 3 minutes or until dumplings float on top. Reduce heat and simmer 2 minutes.

CONVECTION OVEN-LOW FAN: Preheat oven to 350°F. Lightly coat a 2 full-size hotel pan with cooking oil spray. Arrange and space apart 20-24 frozen dumplings into pan without touching. Add 1 cup of water. Cover with foil and bake 20 minutes or until cooked through. Let stand 2 minutes before serving.

SERVE 6 DUMPLINGS WITH 1OZ OF TERIYAKI SAUCE.

FOR FOOD SAFETY AND QUALITY HEAT BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F
Heating time may vary due to equipment variances. Refrigerate or discard any unused portion.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF

135 DEGREES F.

Food Component Equivalents: 2 oz. Meat/Meat Alternate& 2 oz. Grain/Bread

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving

Calories	210.00		
Fat	5.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	1030.00mg		
Carbohydrates	31.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	15.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.90mg	Iron	2.20mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Pretzel Rods with Cheese Sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44543

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL ROD SFT WHEAT	4 Each		607940
SAUCE CHS CHED	4 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	271081

Preparation Instructions

LAY FROZEN PRETZEL RODS FLAT ON TRAY, MIST WITH WATER. BAKE CONVENTIONAL OVEN: 2-3 MINUTES* AT 350 400 DEGREES.

PLACE WARM PRETZEL RODS IN HOTEL PAN WITH A BAKING SHEET IN THE BOTTOM OF THE PAN AND COVER TIGHTLY WITH PLASTIC FILM WRAP. PLACE IN WARMER. DURING SERVICE, REMOVE FILM WRAP, COVER WITH LID AND PLACE IN LOW TEMPERATURE WARM WELL.

PREPARE CHEESE SAUCE ACCORDING TO PACKAGED INSTRUCTIONS. KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

SERVE 4 PRETZEL RODS AND 4OZ OF CHEESE SAUCE PER SERVING.

Food Component Equivalents: 2 oz. Meat/Meat Alternate & 4 oz. Grain/Bread

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	4.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	517.36		
Fat	19.58g		
SaturatedFat	10.11g		
Trans Fat	0.00g		
Cholesterol	61.54mg		
Sodium	2005.49mg		
Carbohydrates	62.40g		
Fiber	6.00g		
Sugar	4.20g		
Protein	25.38g		
Vitamin A	852.75IU	Vitamin C	0.00mg
Calcium	463.96mg	Iron	3.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken Gyro

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44546

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT DK MT FC	3 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
DOUGH PIZZA SHTD WGRAIN	1 Each		863913
SAUCE TZATZIKI DIP GREC	1 Ounce	READY_TO_EAT Ready to eat	242742
TOMATO 6X7 MED	1 Slice		315133
PEPPERS BAN RING MILD	1 Ounce		466220
SEASONING VEGETABLE NO SALT	1/2 Teaspoon		647230

Preparation Instructions

PIZZA DOUGH:

Basic Preparation

Set thawed dough at room temperature for 45 minutes to warm. If needed, use a rolling pin to roll and flatten the dough into a circle about 5 inches across. Brush the edges of the dough with water. Brush the top with olive oil. Place on lined sheet pan. Bake in preheated 325 degrees F convection oven. Bake for 7-8 minutes or until crust is light golden brown and has puffed up to a pillow shape. Cut in half to create two half circles. Keep in warmer covered with plastic wrap until service.

Thawing Instructions

Place frozen dough on parchment lined sheet pan. Cover the pan with a sheet of plastic, sprayed with pan release oil, and thaw in the cooler overnight.

CHICKEN:

Bake Chicken Fajita meat in Convection Oven Set at 400°F, 15 - 20 minutes from frozen. Sprinkle with seasoning

and toss.

Take two halves of the bread and open the pockets carefully without ripping the bread. Place 1.5oz fajita meat, .5oz tzatziki sauce, 1oz diced fresh tomato, .5oz banana peppers in EACH half of the bread. Serve both halves as one serving.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Food Component Equivalents: 2 oz. Meat/Meat Alternate & 2 oz. Grain/Bread

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	358.00		
Fat	13.20g		
SaturatedFat	5.83g		
Trans Fat	0.01g		
Cholesterol	80.00mg		
Sodium	956.55mg		
Carbohydrates	38.75g		
Fiber	4.75g		
Sugar	5.25g		
Protein	25.40g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	52.26mg	Iron	2.83mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Orange Chicken with Rice

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44549

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE CHIX MAND ORNG W/SCE 6-5# YANG	3 3/5 Ounce		550512
COOKIE FORTUNE WGRAIN	1 Each		565142
RICE BROWN WGRAIN	1/4 Cup		231059

Preparation Instructions

ORANGE CHICKEN:

Prepare from frozen state. Place a single layer of chicken on baking sheet. Heat at 400F for 16-20 minutes or until golden brown or internal temperature reaches 165F. Heat sauce in steamer, low boil in the bag or microwave. Add sauce to chicken just prior to serving. Mix thoroughly to cover all chicken pieces.

RICE:

Oven: Combine rice, hot water, in a shallow pan, and stir. Cover and bake at 350 degree F, until most of the water is absorbed. Remove from oven and keep warm. Fluff with fork before serving.

Steamer: Combine rice, hot water in a steam table pan and stir. Cover and steam according to manufacturer's directions, or until most of the water is absorbed. Remove from steamer and keep warm. Fluff with fork before serving.

Serve 3.6oz of Chicken with 4oz of cooked rice and a fortune cookie.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Food Component Equivalents: 2 oz. Meat/Meat Alternate & 2 oz. Grain/Bread

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	321.67		
Fat	4.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	280.00mg		
Carbohydrates	55.67g		
Fiber	1.00g		
Sugar	11.67g		
Protein	15.17g		
Vitamin A	0.00IU	Vitamin C	1.20mg
Calcium	0.50mg	Iron	1.02mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Pesto Chicken Flatbread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44551

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE PESTO BASIL	1 Teaspoon	READY_TO_EAT This versatile, ready-to-use sauce simplifies back-of-house prep and works across a variety of Italian dishes from salads to entrees to appetizers.	844761
CHIX STRP FAJT SEAS FC 6-5# TYS	2 Ounce		349047
DOUGH PIZZA SHTD WGRAIN	2 1/2 Ounce		863913
CHEESE MOZZ SHRD	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
TOMATO GRAPE SWT	1/4 Cup		129631

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	369.67
Fat	14.95g
SaturatedFat	5.66g
Trans Fat	0.01g
Cholesterol	68.75mg
Sodium	572.38mg
Carbohydrates	34.33g
Fiber	3.75g
Sugar	6.25g
Protein	25.40g
Vitamin A 374.85IU	Vitamin C 6.17mg
Calcium 233.59mg	Iron 3.25mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Inferno Burger

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44552

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY PREM CKD 3Z 6-4.875# JTM	24 Each	BAKE 1. Do not thaw.2. Lay out patties on an oven sheet pan in a single layer.3. Heat in a conventional preheated 350 degrees F oven for 12-14 minutes OR Heat in a convection preheated oven at 350 degrees F for 10-12 minutes.	547933
4" Wg Rich Hamburger Bun	24 bun	BAKE Toast if desired	3474
CHEESE PEPR JK SLCD 8-1.5# LOL	24 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	238951
PEPPERS JALAP SLCD	4 1/2 Ounce		499943
SAUCE HOT	1 Cup		263030

Preparation Instructions

Prepare hamburger patties according to manufacturer's instruction. Hold warm until service.

CCP: Heat to 165 degrees F for at least 15 seconds

CCP: Maintain hot food at 140 degrees F or above

To build burgers, layer bottom bun half with:

1 hamburger patty

1 slice pepper jack cheese

1tbs jalapeno slices

2 tsp hot sauce

top half of bun

Serve immediately or hold warm until service.

Child Nutrition: 3 m/ma, 2 oz eq. grain

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	407.74
Fat	21.70g
SaturatedFat	8.80g
Trans Fat	0.93g
Cholesterol	80.50mg
Sodium	787.90mg
Carbohydrates	26.69g
Fiber	3.09g
Sugar	3.00g
Protein	24.70g
Vitamin A 39.24IU	Vitamin C 0.00mg
Calcium 129.46mg	Iron 10.02mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

BRUSCHETTA PASTA ROSA

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44555

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 51 WGRAIN	12 Pound 8 Ounce (200 Ounce)		229951
CHIX STRP FAJT SEAS FC 6-5# TYS	12 Pound 8 Ounce (200 Ounce)		349047
SAUCE SPAGHETTI FCY	3 Pound 2 Ounce (50 Ounce)	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
Fat Free Skim Milk	4 Pound		
TOMATO 6X7 MED	2 Quart		315133
ONION RED JUMBO	8 Ounce		198722
BASIL FRESH	5 Fluid Ounce		162510
SAUCE CHS WHT CRMY ULTIM 6-106Z LOL	1 Gallon 2 Quart 1 Pint 1/2 Cup (26 1/2 Cup)	READY_TO_EAT Ready to use, after heating, straight from pouch. Heat unopened pouch to 145-155°F. See package for detailed preparation. Boil unopened pouch for 12-15 minutes or steam unopened pouch in steamer for 12-15 min. Serve or hold between 145 - 155°F. Do not microwave unopened pouch. Use caution when handling hot sauce and pouch.	310742

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.107
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.104
OtherVeg	0.035
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	398.40
Fat	13.12g
SaturatedFat	6.11g
Trans Fat	0.00g
Cholesterol	74.93mg
Sodium	591.14mg
Carbohydrates	47.38g
Fiber	4.63g
Sugar	5.19g
Protein	25.24g
Vitamin A 160.00IU	Vitamin C 2.24mg
Calcium 236.70mg	Iron 3.38mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Thai Chicken Pizza

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44561

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 6-5# TYS	4 1/2 Pound		349047
DOUGH PIZZA SHTD WGRAIN	24 Each		863913
CHEESE MOZZ SHRD	1 Pint 1 Cup (3 Cup)	READY_TO_EAT Preshredded. Use cold or melted.	645170
SAUCE CHS WHT CRMY ULTIM 6-106Z LOL	2 Quart 1 Pint 1/2 Cup (10 1/2 Cup)	READY_TO_EAT Ready to use, after heating, straight from pouch. Heat unopened pouch to 145-155°F. See package for detailed preparation. Boil unopened pouch for 12-15 minutes or steam unopened pouch in steamer for 12-15 min. Serve or hold between 145 - 155°F. Do not microwave unopened pouch. Use caution when handling hot sauce and pouch.	310742
COLE SLAW DCD W/CARRT 1/4IN	2 Quart 1 Cup (9 Cup)		293148
CILANTRO CLEANED	1/2 Ounce		219550
SAUCE HOISIN	6 Fluid Ounce	HEAT_AND_SERVE Shake well before using. Pour and serve.	465392

Preparation Instructions

Heat oven to 375 degrees F.

Combine cheese sauce and hoisin sauce.

Arrange pizza rounds on sheet trays.

Build pizza:

spread 3.5 oz cheese sauce mix evenly over each pizza round. Top with 3 oz slaw and 2 oz chicken. Sprinkle with 1 oz mozzarella cheese.

Bake 10-12 min or until hot and edges are golden brown.

Sprinkle each pizza with 2 tbs cilantro.

Cut each pizza round in half. Garnish with red pepper flakes if desired.

Meal Components (SLE)

Amount Per Serving

Meat	3.778
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.375
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	536.15
Fat	23.85g
SaturatedFat	11.93g
Trans Fat	0.01g
Cholesterol	122.50mg
Sodium	1211.80mg
Carbohydrates	41.75g
Fiber	3.70g
Sugar	9.00g
Protein	37.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 453.27mg	Iron 3.71mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Cheesy Broccoli

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44562

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS ULTIM YEL POU6 6-106Z LOL	1 Fluid Ounce		310668
BROCCOLI FLORETS	1/2 Cup		610902

Preparation Instructions

Prepare Broccoli. Hold Warm

Heat cheese sauce according to instructions. Hold warm until ready for service.

At service, portion 3.1oz (.5cup) broccoli, 1.5oz cheese sauce.

CCP: Maintain hot food at 140 degrees F. or above.

Meal Components (SLE)

Amount Per Serving

Meat	0.250
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	66.67
Fat	3.50g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	155.00mg
Carbohydrates	4.83g
Fiber	2.00g
Sugar	0.67g
Protein	4.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 104.33mg	Iron 0.67mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Macaroni & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44635

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MACAR & CHS STRAT NOODL 6-5	6 Ounce	BAKE Pre-heat oven to 390 degrees F. Remove desired product from case and place on paper-lined sheet pan. Leave 1 /u2013 1.5/u201D between products. Return case to freezer. Do not thaw. Bake for 18 /u2013 20 minutes until golden brown. Remove from oven. Let cool for 15 minutes. Decorate with icing. BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	561302

Preparation Instructions

Thawing Instructions

Keep frozen.

Basic Preparation

Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature of 165 degrees F. or more. Open bag carefully to avoid getting burned.

Serve 6oz per serving.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Food Component Equivalents: 2 oz. Meat/Meat Alternate & 1 oz. Grain/Bread

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

Amount Per Serving

Calories	309.90
Fat	15.90g
SaturatedFat	9.20g
Trans Fat	0.04g
Cholesterol	46.00mg
Sodium	778.70mg
Carbohydrates	25.00g
Fiber	0.00g
Sugar	4.00g
Protein	15.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 360.00mg	Iron 1.08mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	182.19
Fat	9.35g
SaturatedFat	5.41g
Trans Fat	0.02g
Cholesterol	27.04mg
Sodium	457.80mg
Carbohydrates	14.70g
Fiber	0.00g
Sugar	2.35g
Protein	8.88g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 211.64mg	Iron 0.63mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Walking Tacos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44636

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	BOIL KEEP FROZEN. Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature.	722330
CHIP TORTL TOP N GO WGRAIN	1 Package	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	818222
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
SALSA 103Z	2 Ounce	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841
SOUR CREAM L/F	1 Fluid Ounce	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331

Preparation Instructions

KEEP FROZEN.

Taco meat:

Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature.

Serve 3oz meat with one bag chips and 2oz shredded cheese on top. Offer salsa and sour cream as toppings.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	419.40
Fat	21.15g
SaturatedFat	9.26g
Trans Fat	0.00g
Cholesterol	57.08mg
Sodium	712.94mg
Carbohydrates	39.15g
Fiber	4.26g
Sugar	4.60g
Protein	18.20g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 279.00mg	Iron 1.93mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Walking Tacos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44637

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PLNTBSD GRND BULK	2 Ounce		371530
CHIP TORTL TOP N GO WGRAIN	1 Package	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	818222
CHEESE CHED MLD SHRD 4-5 LOL	2 Ounce		150250
SALSA 103Z	2 Ounce	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841
SOUR CREAM L/F	1 Fluid Ounce	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331

Preparation Instructions

Thaw under refrigeration.

Beyond Beef comes frozen in 6, 2lb packages.

Defrost product prior to use and store refrigerated for a maximum of 10 days.

Heat in pan over medium-high heat and cook 3-5 minutes, stir occasionally, add seasoning as desired.

Serve 2oz Vegetarian meat with one bag chips and 2oz shredded cheese on top. Offer salsa and sour cream as toppings.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	480.00
Fat	27.00g
SaturatedFat	10.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	698.67mg
Carbohydrates	38.50g
Fiber	4.00g
Sugar	3.33g
Protein	20.00g
Vitamin A 200.00IU	Vitamin C 0.00mg
Calcium 329.00mg	Iron 3.93mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Cheese Ravioli w/ Italian Meatballs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44638

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI CHS JMBO WGRAIN CN	3 Each		553982
SAUCE SPAGHETTI FCY	4 Fluid Ounce	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
MEATBALL CKD .65Z 6-5 COMM	1 3/10 Ounce		785860

Preparation Instructions

Ravioli & Sauce:

CONVECTION OVEN:

Distribute 3 cups of room temperature, canned sauce in the bottom of a stainless steel, full steam table pan that has been sprayed with non-stick cooking spray.

Place 1 bag (approximately 5.2 pounds) of frozen ravioli in pan and cover with 5 cups room temperature, canned sauce.

Stir to distribute sauce evenly.

Cover pan tightly with aluminum foil. Bake in preheated 375°F convection oven (high fan setting) for 50 minutes. Cook until reaching minimum internal temperature of 165°F or more for at least 15 seconds.

Meatballs & Sauce:

BAKE

KEEP FROZEN

CONVECTION OVEN: Add frozen meatballs to 5 cups sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F. COMBI OVEN: Combine frozen meatballs & 5 cups sauce in pan, no lid, steam & oven at 300 degrees F for 30 minutes or until it reaches a temperature of 165 degrees F or more for at least 15 seconds. Cooking times may vary.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Serve 3 ravioli with 2 meatballs in sauce, per serving.

Food Component Equivalents: 3 oz. Meat/Meat Alternate & 1 oz. Grain/Bread & .5 red/orange

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	285.00		
Fat	8.00g		
SaturatedFat	3.25g		
Trans Fat	0.30g		
Cholesterol	73.00mg		
Sodium	814.00mg		
Carbohydrates	32.00g		
Fiber	4.50g		
Sugar	7.00g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	163.50mg	Iron	2.10mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Garlic Bread

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44640

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD GARL TX TST SLC WGRAIN 120-1.3Z	1 Each	READY_TO_EAT CONVECTION BAKE: Preheat oven to 425F. Lay slices flat on baking pans. Place baking pans on shelves in oven (if possible, place pans on every other rack for even air flow) Bake 4-5 minutes. CONVENTIONAL OVEN: Preheat oven to 425F. Lay slices flat on baking pan. Place baking pan on middle shelf of oven. Bake 4-6 minutes. Since appliances vary, these cooking instructions may need adjusting. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	197582

Preparation Instructions

CONVECTION BAKE:

Preheat oven to 425F. Lay slices flat on baking pans. Place baking pans on shelves in oven (if possible, place pans on every other rack for even air flow)

Bake 4-5 minutes or until heated through.

Serve one each per serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	100.00		
Fat	3.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	125.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	1.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	10.00mg	Iron	1.10mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

French Toast with Sausage

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44641

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 140-1.1Z	3 Each	READY_TO_EAT Conventional Oven; Frozen: In a 350F oven bake for 10-12 minutes. Convection Oven; Frozen: In a 350F oven bake for 10-12 minutes. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	190021
SAUSAGE PTY TKY CKD 1Z	1 Each		184970

Preparation Instructions

Heat the fully cooked sausage to a temperature of 165 degrees F or more.

French Toast:

Convection Oven: in a 375-degree F oven, bake for 5 minutes, do not turn.

Serve 3 French toast sticks and one sausage link per serving.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Food Component Equivalents: 1 oz. Meat/Meat Alternate & 1 oz. Grain/Bread

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	320.00		
Fat	12.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	380.00mg		
Carbohydrates	42.00g		
Fiber	2.00g		
Sugar	14.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.60mg	Iron	1.06mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Hot Honey BBQ Beef Rib Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44763

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF RIB BBQ HNY 100-3.24Z PIER	1 Each	BAKE From a frozen state. Conventional Oven Bake ribs on a pan in a preheated conventional oven at 350 for 13 minutes. CONVECTION From a frozen state. Convection Oven Bake ribs on a pan in a preheated convection oven at 350 for 11 minutes. MICROWAVE From a frozen state. Microwave Oven Microwave on full power for about 2 minutes. Microwave ovens vary, times give are approximate.	451410
SAUCE WNG HOT HNY	1 Tablespoon	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	616371
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

Preparation Instructions

FROM FROZEN BAKE ON SHEET PANS IN 350 DEGREE F CONVECTION OVEN FOR 11 MINUTES.

BRUSH 1tbs OF THE HOT SAUCE ON THE BBQ RIB.

PLACE IN BUN (Klosterman 3474) AND SERVE.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Food Component Equivalents: 2 oz. Meat/Meat Alternate 2oz grain

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	370.00
Fat	12.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	1090.00mg
Carbohydrates	46.00g
Fiber	4.00g
Sugar	20.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 46.00mg	Iron 9.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44764

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
DOUGH BISCUIT WGRAIN	1 Each	BAKE 1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE. 2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1 4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.	237390

Preparation Instructions

HOMESTYLE CHICKEN PATTY:

CONVECTION OVEN: 6-8 MINUTES AT 375°F FROM FROZEN.

BISCUIT:

PAN FROZEN PRODUCT ON PAPERLINED SHEET PAN. BAKE UNTIL GOLDEN BROWN. CONVECTION AT 325°F FOR 12-16 MINUTES. BAKE TIME WILL VARY. ADJUST TIMES ACCORDINGLY.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Food Component Equivalents: 1 oz. Meat/Meat Alternate & 1.75 oz. Grain/Bread

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	267.70
Fat	11.90g
SaturatedFat	5.50g
Trans Fat	0.07g
Cholesterol	14.50mg
Sodium	596.20mg
Carbohydrates	29.00g
Fiber	4.10g
Sugar	2.00g
Protein	10.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 48.58mg	Iron 2.18mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Sausage Pancake Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44765

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCK WRAP SAUS WGRAIN STIX 40-2.51Z	1 Each	BAKE HEATING INSTRUCTIONS: FROM FROZEN Conventional Oven 1. Preheat Conventional Oven: 375°F. Convection Oven: 350°F. 2. Place Breakfast Sticks in film on baking pan(s). Do not open or puncture film. 3. Bake for 20-25 minutes or until at least 165°F. For children under 5 years of age remove stick, cut product lengthwise then into small pieces. MICROWAVE HEATING INSTRUCTIONS: FROM FROZEN Microwave Directions were developed using 1000 watt commercial microwave oven. Ovens vary; cook times may need to be adjusted. 1. Make a ¼-inch slit on top of film to vent. 2. Microwave on HIGH for 50-55 seconds or until hot. 3. Let stand in microwave for 1 minute before serving. NOTE: Product may be held in warming unit in film for up to 1 hour. CAUTION: PRODUCT WILL BE HOT! CAREFULLY REMOVE FROM POUCH. ENJOY! For children under 5 years of age remove stick, cut product lengthwise then into small pieces.	556982

Preparation Instructions

Convection Oven: Bake at 350 degrees F for 16-20 minutes or until product reaches 160 degrees F. Ovens vary; cook times may need to be adjusted.

Serve one each per serving.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Food Component Equivalents: 1 oz. Meat/Meat Alternate & 1 oz. Grain/Bread

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	140.00		
Fat	5.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	360.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	1.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44768

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CINN BLUEB TWST	1 Each		480431

Preparation Instructions

Spray with PAM before baking for softer crust. Place Twisted Stix in ovenable bag for a softer texture if desired. 32-54 Sticks fit on baking sheet.

Convection Oven: Preheat convection oven to 350 degrees F.

Place sticks on parchment lined baking sheet(s).

Bake 8-10 minutes or until product reaches an internal temperature of 165 degrees F. or more.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Food Component Equivalents: 2 oz. Meat/Meat Alternate&1 oz. Grain/Bread

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	180.00		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	280.00mg		
Carbohydrates	24.00g		
Fiber	2.00g		
Sugar	7.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	150.00mg	Iron	1.44mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Griddlecake

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44771

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE WGRAIN	2 Each		353705
SAUSAGE PTY TKY CKD 1Z	1 Each		184970

Preparation Instructions

Pancake:

To heat thawed pancakes, place sealed pans in a 350 degrees F oven on low fan speed for 3 minutes.

To heat frozen pancakes, place frozen pancakes on a sheet pan in a single layer and tightly seal the pan with foil, then bake at 350 degrees F for 6 minutes.

Sausage:

Heat and serve. Ready to eat.

Thaw under refrigeration or prepare from frozen state.

Serve 2 pancakes & 1 sausage patty assembled as a sandwich.

Serve one assembled sandwich each.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Food Component Equivalents: 1 oz. Meat/Meat Alternate & 1.75 oz. Grain/Bread

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	200.00
Fat	6.00g
SaturatedFat	1.33g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	456.67mg
Carbohydrates	27.33g
Fiber	3.33g
Sugar	5.33g
Protein	9.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 33.33mg	Iron 1.36mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Berry Scone

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44774

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH SCONE MXD BRY WGRAIN 2.5Z	1 Each		319296
ICING VAN RTU HEAT NICE	1 Tablespoon	READY_TO_EAT 1. STORE AT ROOM TEMPERATURE. 2. PLACE DESIRED AMOUNT OF HEAT 'N ICE ICING IN ICING WARMER, HEAT TO 110 F (43 C). 3. DIP OR DRIZZLE ICING ON SWEET GOOD, ALLOW TO DRY 2 - 5 MINUTES. 4. TURN OFF ICING WARMER WHEN FINISHED. 5. SCRAPE ICING OFF SIDES OF WARMER. 6. COVER UNUSED ICING.	155722

Preparation Instructions

Place scones on full sheet pan lined with parchment paper.

Bake in rack oven for 14 to 18 minutes at 350 degrees F.

Heat icing slightly in microwave until smooth and liquid consistency.

Drizzle icing over scone before serving.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Food Component Equivalents: 2 oz. Grain/Bread

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	305.00
Fat	9.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	250.00mg
Carbohydrates	54.00g
Fiber	3.00g
Sugar	29.50g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.40mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Pizza Crunchers

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44817

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	3 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - product will be hot! CONVECTION OVEN: 1. Preheat oven to 350F. 2. Arrange product in a single layer on lined baked sheet. 3. Bake 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143271

Preparation Instructions

BAKE (CONVECTION): PREHEAT OVEN TO 350 DEGREES F.

BAKE 11-13 MINUTES.

LET STAND 2 MINUTES BEFORE SERVING.

DUE TO DIFFERENCES IN APPLIANCES, COOKING TIMES MAY VARY AND REQUIRE ADJUSTMENT.
CAUTION CHEESE STICKS WILL BE HOT!

Serve 3 each per serving.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Food Component Equivalents: 1.5 oz. Meat/Meat Alternate & 1.75 oz. Grain/Bread

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	315.00
Fat	15.00g
SaturatedFat	6.75g
Trans Fat	0.00g
Cholesterol	22.50mg
Sodium	502.50mg
Carbohydrates	30.75g
Fiber	4.50g
Sugar	2.25g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 320.25mg	Iron 1.66mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Egg Bites

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44835
School:	ADMIN TEMPLATE ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD LIQ MIX BOIL-IN-BAG	1/4 Cup		417441
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
CROUTON CHS GARL WGRAIN	1 Package	READY_TO_EAT Ready to use.	661022
BACON TKY CKD	1/2 Ounce		834770

Preparation Instructions

spray pan generously before filling with ingredients.

In each pan cup, layer, in order, 1/2 pkg croutons, .5 slice crumbled turkey bacon, 1 oz shredded cheese and 1/8 cup liquid egg.

Bake in oven at 350 degrees F. for 12 minutes or until reaching a temperature of 165 degrees held for 30 seconds or more.

Cover pan, place in cooler. Once cooled completely, remove each egg bite from pan. Place egg bites in a 1-gallon freezer zip close bag.

To serve:

Thaw egg bites overnight.

Reheat egg bites in a preheated 350 degrees F. oven for about 10 minutes.

Serve two egg bites per serving.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving

Calories	300.00
Fat	19.50g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	220.00mg
Sodium	725.00mg
Carbohydrates	11.50g
Fiber	0.00g
Sugar	2.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 244.50mg	Iron 2.18mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Fiesta Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44836
School:	ADMIN TEMPLATE ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL RND WGRAIN	15 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741
SAUCE CHS ULTIM YEL POUC 6-106Z LOL	3 Ounce		310668
BEANS BLACK LO SOD	1/4 Cup		231981
SALSA 103Z	4 Ounce	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841

Preparation Instructions

Thaw cheese pouch until cheese is soft.

Portion up all components in container and serve chilled.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Food Component Equivalents: 2 oz. Meat/Meat Alternate & 1.5 oz. Grain/Bread

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving

Calories	416.54
Fat	17.42g
SaturatedFat	7.90g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	912.53mg
Carbohydrates	47.08g
Fiber	5.31g
Sugar	3.17g
Protein	13.81g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 317.62mg	Iron 4.19mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Muffin & Yogurt Bento Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44866
School:	ADMIN TEMPLATE ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
MUFFIN BANANA WGRAIN IW	1 Each	MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours. MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed. THAW Store frozen until ready to use. Thaw overnight under refrigeration.	262362
CRACKER GRHM ORIG WGRAIN	1 Package		282451
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	BAKE	680130

Preparation Instructions

may use 262343, 262370 muffins also

may use 869921 yogurt also

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	450.00
Fat	17.50g
SaturatedFat	5.50g
Trans Fat	0.10g
Cholesterol	30.00mg
Sodium	445.00mg
Carbohydrates	63.00g
Fiber	2.00g
Sugar	30.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 312.26mg	Iron 1.51mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Santa Fe Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44904

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 6-5# TYS	2 Ounce		349047
SEASONING TACO SLT FR	1/4 Teaspoon		605062
LETTUCE ROMAINE CHOP	1 Pint		735787
BEANS BLACK LO SOD	1 Ounce		231981
CHIP TORTL TRI-COLOR STRIP	1 Fluid Ounce	READY_TO_EAT Ready to Use	403573
CORN CUT SWT	1 Ounce		610782
TOMATO GRAPE SWT	4 Each		129631
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
SOUR CREAM L/F	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331
JUICE LIME	1/2 Tablespoon		199028
SEASONING ANCHO CHILI	1/8 Teaspoon		748570
SPICE CUMIN GRND	1/8 Teaspoon		273945
SPICE PAPRIKA	1/4 Teaspoon		518331

Preparation Instructions

Combine sour cream, lime juice, chili seasoning, cumin, paprika for the dressing.

Toss chicken and taco seasoning together and bake in oven until reaching a temperature of 165 degrees or more held for at least 15 seconds.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Assemble the rest of the ingredients, place chicken on top and include a portion cup of the dressing.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Food Component Equivalents: 2.75 oz. Meat/Meat Alternate & .25 oz. Grain/Bread

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	0.250
Fruit	0.000
GreenVeg	1.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	391.36		
Fat	19.39g		
SaturatedFat	8.97g		
Trans Fat	0.00g		
Cholesterol	90.83mg		
Sodium	570.31mg		
Carbohydrates	33.95g		
Fiber	6.83g		
Sugar	12.65g		
Protein	24.54g		
Vitamin A	2299.20IU	Vitamin C	32.88mg
Calcium	339.34mg	Iron	3.48mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Paco

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44907

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE WGRAIN	50 Each		353705
EGG SCRMBD CKD BTR	2 Pound 5 1/2 Ounce (37 1/2 Ounce)		481492
BACON TKY CKD	50 Piece		834770
CHEESE CHED MLD SHRD 4-5 LOL	3 1/8 Pound	READY_TO_EAT Preshredded. Use cold or melted	150250
SEASONING ANCHO CHILI	1/4 Cup		748570
SUGAR BROWN LT	1 Cup		860311
SUGAR CANE GRANUL	1 Cup		614810

Preparation Instructions

INSTRUCTIONS:

Place pancakes in warmer until assembly.

Place bacon on a lined sheet pan and bake in oven until crispy, 3-5 minutes, 350 degrees F.

Cook the thawed eggs in a 2" hotel pan. Use 2 pans if needed.

Steam for approximately 5 minutes until the eggs reach 165 degrees F. or more for 15 seconds.

Fluff the eggs with a whisk.

ASSEMBLY

Sprinkle 1 oz shredded cheese on each pancake. Dust cheese with Sweet & Spicy spice blend.

Top with 1/4 cup scrambled eggs and one slice of bacon.

Fold the pancake like a "taco".

SWEET & SPICY SPICE BLEND

Mix the spice blend ingredients together.

Label, date and store in dry storage.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Food Component Equivalents: 1.75 oz. Meat/Meat Alternate & 1 oz. Grain/Bread

Meal Components (SLE)

Amount Per Serving

Meat	1.750
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	268.37
Fat	15.12g
SaturatedFat	7.37g
Trans Fat	0.00g
Cholesterol	95.78mg
Sodium	746.95mg
Carbohydrates	19.85g
Fiber	1.67g
Sugar	7.50g
Protein	12.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 228.54mg	Iron 0.97mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Hummus Bento Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44916
School:	ADMIN TEMPLATE ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HUMMUS RSTD RED PEPR	3 Ounce		209937
CARROT BABY WHL PETITE	2 1/4 Ounce		768146
PRETZEL HEARTZELS	1 Package	READY_TO_EAT Ready to Eat	893711
CRACKER GLDFSH GRHM VAN	1 Each	READY_TO_EAT Ready to Enjoy	198472

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	316.00
Fat	9.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	594.00mg
Carbohydrates	50.00g
Fiber	8.00g
Sugar	11.50g
Protein	7.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 66.50mg	Iron 2.30mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Baked Fries

Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44927
School:	ADMIN TEMPLATE INTERMEDIATE JR HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES 1/2 C/C OVEN 6-5 MCC	1 Ounce	BAKE PREHEAT OVEN TO 450° F. PLACE FROZEN FRIES IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE FOR 18 TO 22 MINUTES.	200697

Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 425* F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHALLOW BAKING PAN. BAKE 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING.

FOR BEST RESULTS, COOK FROM A FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO A LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Serve 4 oz by volume per serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	133.32
Fat	4.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	26.68mg
Carbohydrates	24.00g
Fiber	1.32g
Sugar	1.32g
Protein	1.32g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 13.32mg	Iron 0.40mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	117.57
Fat	3.53g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	23.53mg
Carbohydrates	21.16g
Fiber	1.16g
Sugar	1.16g
Protein	1.16g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 11.75mg	Iron 0.35mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Vegetarian Beef Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44931
School:	ADMIN TEMPLATE INTERMEDIATE JR HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PLNTBSD GRND BULK	2 Ounce		371530
SAUCE CHS QUESO BLANCO FZ	2 Ounce	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	722110
CHIP TORTL RND WGRAIN	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741

Preparation Instructions

Heat plant-based meat according to packaged instructions.

Heat queso cheese according to packaged instructions.

Serve meat and cheese on top of tortilla chips.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	391.60
Fat	24.60g
SaturatedFat	9.10g
Trans Fat	0.01g
Cholesterol	29.00mg
Sodium	726.50mg
Carbohydrates	23.50g
Fiber	3.10g
Sugar	0.00g
Protein	18.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 290.00mg	Iron 2.50mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44952
School:	ADMIN TEMPLATE INTERMEDIATE JR HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE AMER 160CT SLCD R/F R/SOD	4 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	189071
Whole Grain Rich Sliced Bread	62 Gram		1290
PAN COAT SPRAY BUTTERY	1 Gram		555752

Preparation Instructions

Place cheese slices on bread.

Spray both top and bottom bread slices with buttery spray, the side that faces the pan.

Place sandwiches on a parchment paper lined sheet pan.

Place another parchment paper on top of the sandwiches and then another sheet pan, bottom of pan facing sandwich surface, as a "lid" on the sandwiches.

Bake in convection oven at 350 F for 8-10 min.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Food Component Equivalents: 2 oz. Meat/Meat Alternate & 2 oz. Grain/Bread

Internal temperature must reach 155 F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	300.00
Fat	10.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	420.18mg
Carbohydrates	32.00g
Fiber	2.00g
Sugar	6.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 398.00mg	Iron 12.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Beef Nachos w/ Shredded Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44995
School:	ADMIN TEMPLATE ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 Ounce	BOIL KEEP FROZEN. Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature.	722330
CHIP TORTL RND WGRAIN	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

Beef Taco Meat:

Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature.

Serve 3oz taco meat over 13 each tortilla chips.

Top with 1oz shredded cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	301.30
Fat	15.41g
SaturatedFat	6.01g
Trans Fat	0.00g
Cholesterol	48.72mg
Sodium	497.71mg
Carbohydrates	25.25g
Fiber	3.89g
Sugar	1.89g
Protein	17.42g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 133.48mg	Iron 0.50mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Vegetarian Beef Nachos w/ Shredded Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44996
School:	ADMIN TEMPLATE ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PLNTBSD GRND BULK	2 Ounce		371530
CHIP TORTL RND WGRAIN	1 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

Heat plant-based meat according to packaged instructions.

Serve 2 oz meat and 1oz cheese on top of tortilla chips (13ea).

Meal Components (SLE)

Amount Per Serving

Meat	2.520
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	327.20
Fat	19.68g
SaturatedFat	6.62g
Trans Fat	0.00g
Cholesterol	15.60mg
Sodium	388.80mg
Carbohydrates	23.02g
Fiber	3.00g
Sugar	0.00g
Protein	15.12g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 183.48mg	Iron 2.50mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

BLACK BEAN BURGER

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45048
School:	ADMIN TEMPLATE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURGER VEGGIE BLKBN SPCY	1 Each		829642
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	310.00
Fat	7.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	680.00mg
Carbohydrates	51.00g
Fiber	11.00g
Sugar	6.00g
Protein	20.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 86.00mg	Iron 10.90mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Fresh Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45049
School:	ADMIN TEMPLATE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE	2 1/2 Ounce		768146

Preparation Instructions

Serve 4oz scoop of carrots.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	28.89		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	48.89mg		
Carbohydrates	6.67g		
Fiber	2.22g		
Sugar	3.33g		
Protein	0.56g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	22.22mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Fresh Celery

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45050
School:	ADMIN TEMPLATE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX	1 1/2 cup		781592

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	30.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	160.00mg		
Carbohydrates	6.00g		
Fiber	4.00g		
Sugar	4.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Fresh Bell Peppers

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45051
School:	ADMIN TEMPLATE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS COLORED MIXED ASST	1/2 Cup		491012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	19.00
Fat	0.10g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.40mg
Carbohydrates	5.00g
Fiber	0.80g
Sugar	3.00g
Protein	0.60g
Vitamin A 1999.88IU	Vitamin C 116.28mg
Calcium 6.12mg	Iron 0.31mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Fresh Broccoli

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45052
School:	ADMIN TEMPLATE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CRWN ICELESS	1/2 Cup		704547

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	15.45
Fat	0.15g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	15.00mg
Carbohydrates	3.00g
Fiber	1.20g
Sugar	1.00g
Protein	1.30g
Vitamin A 283.47IU	Vitamin C 40.59mg
Calcium 21.39mg	Iron 0.33mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Fresh Mixed Vegetables

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45053
School:	ADMIN TEMPLATE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO CHERRY	1/4 Cup		169275
CUCUMBER SELECT	1/4 Cup		592323

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	8.70		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.00mg		
Carbohydrates	2.00g		
Fiber	0.58g		
Sugar	1.25g		
Protein	0.33g		
Vitamin A	13.65IU	Vitamin C	0.37mg
Calcium	4.58mg	Iron	0.13mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Egg Salad Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45054
School:	ADMIN TEMPLATE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD DRY PK	1 Each		853800
MAYONNAISE LT	1 Fluid Ounce 1/2 Tablespoon (2 1/2 Tablespoon)	READY_TO_EAT This ready-to-use lite mayonnaise simplifies back-of-house prep and can be used as a spread for sandwiches and burgers or as a base for custom, homemade dressings and dips.	429406
LETTUCE SHRD TACO 1/8CUT	1/8 Cup		242489
CROISSANT WGRAIN SLCD 2.2Z 6-24CT	1 Each		662882
SEASONING GARDEN NO SALT	1/4 Teaspoon		565148

Preparation Instructions

Dice Egg, mix with mayo and seasoning. Serve one croissant with lettuce and egg mixture between the sliced croissant.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	323.80		
Fat	15.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	200.00mg		
Sodium	450.87mg		
Carbohydrates	38.26g		
Fiber	2.09g		
Sugar	6.67g		
Protein	11.00g		
Vitamin A	300.00IU	Vitamin C	0.00mg
Calcium	89.33mg	Iron	2.49mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Vegetarian Beef Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45055
School:	ADMIN TEMPLATE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PLNTBSD GRND BULK	2 Ounce		371530
SAUCE CHS QUESO BLANCO FZ	2 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	722110
CHIP TORTL RND WGRAIN	1 1/2 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741

Preparation Instructions

Heat plant-based meat according to packaged instructions.

Heat queso cheese according to packaged instructions.

Serve meat and cheese on top of tortilla chips.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	1.875
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	461.60
Fat	27.60g
SaturatedFat	9.60g
Trans Fat	0.01g
Cholesterol	29.00mg
Sodium	784.00mg
Carbohydrates	33.50g
Fiber	4.10g
Sugar	0.00g
Protein	19.70g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 305.00mg	Iron 2.75mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45065
School:	ADMIN TEMPLATE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BANANA WGRAIN IW	1 Each	MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours. MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed. THAW Store frozen until ready to use. Thaw overnight under refrigeration.	262362
CRACKER GRHM ORIG WGRAIN	1 Package		282451
EGG HARD CKD PLD DRY PK	1 Each		853800
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	BAKE	680130

Preparation Instructions

may also use muffin GFS # 262343 or 262370

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	450.00
Fat	22.50g
SaturatedFat	7.00g
Trans Fat	0.10g
Cholesterol	200.00mg
Sodium	445.00mg
Carbohydrates	50.00g
Fiber	2.00g
Sugar	21.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 235.26mg	Iron 2.51mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Caprese Pasta Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45083
School:	ADMIN TEMPLATE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 51 WGRAIN	2 Ounce		229951
CHEESE MOZZ FRSH LOG	3 Ounce	cut in 1/2" cubes.	818540
TOMATO CHERRY	1/4 Cup	cut into halves.	169275
BASIL FRESH	1 Fluid Ounce	Cut into shreds.	162510
DRESSING VINAG BALSM	2 Fluid Ounce	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	188832
GLAZE BALSM	1 Tablespoon	READY_TO_EAT Ready to use from the bottle	283280

Preparation Instructions

Cook pasta the day before and place in cooler overnight.

Cut fresh mozzarella in 1/2-inch cubes.

Mix 1 cup pasta with Balsamic Vinaigrette and place in serving bowl.

Top with 3oz (volume) mozzarella cubes, shredded fresh basil, halved cherry tomatoes.

Drizzle on top with balsamic glaze.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	711.75
Fat	46.00g
SaturatedFat	17.50g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	811.75mg
Carbohydrates	54.50g
Fiber	4.50g
Sugar	12.00g
Protein	25.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 372.50mg	Iron 2.09mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Italian Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45084
School:	ADMIN TEMPLATE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERONI TKY SLCD 15/Z	8 Slice	READY_TO_EAT Fully Cooked - Ready To Eat This item is fully cooked and is "Ready To Eat".	276662
SALAMI GENOA SLCD 4/Z	2 Slice		776250
TURKEY HAM SLCD	1/2 Ounce		556121
CHEESE PROV NAT SLCD .75Z	1 Slice		726532
PEPPERS BAN RING MILD	1/2 Ounce		466220
5" Whole Grain Rich Hoagie Bun	1 bun		3737

Preparation Instructions

Open up Hoagie Bun and layer over both halves, in order, the provolone cheese, 1 slice ham, pepperoni, salami, banana peppers. Fold the bun over to close it. Wrap sandwich in foil or sandwich paper to serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	355.89
Fat	15.29g
SaturatedFat	6.40g
Trans Fat	0.00g
Cholesterol	60.30mg
Sodium	1174.34mg
Carbohydrates	30.21g
Fiber	0.50g
Sugar	5.11g
Protein	21.49g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 187.66mg	Iron 0.73mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tikka Masala w/ Pita

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45100
School:	Hamilton Southeastern High School CCA		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO DCD PETITE	1/4 Cup	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	498871
SAUCE TIKKA MASALA	2 Ounce	SIMMER Thaw in refrigerator or in cold water. Do not thaw in hot water to prevent yogurt from separating. Carefully remove bag from water and transfer contents to a pan. Cook to internal temperature of 165°F. Serve with chicken, seafood, meats or vegetables. Alternate cooking directions: Remove frozen product from bag and place in a hotel pan, cover, and cook in either a steamer or conventional oven until internal temperature reaches 165°F. Chicken Tikka Masala Recipe: Sauté 8 lbs. of boneless, skinless chicken pieces. Add 4 lbs. of sauce and cook until internal temperature reaches 165°F. Use to make other seafood and vegetable dishes.	251322
CHIX STRP FAJT DK MT FC	3 Ounce	BAKE Appliances vary, adjust accordingly. Conventional Oven Set at 350°F, reheat 25 - 30 minutes from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven Set at 400°F, 15 - 20 minutes from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Oven Reheat 3 1 2 minutes on high setting from frozen.	860390
DOUGH PIZZA SHTD WGRAIN	1 Each		863913

Preparation Instructions

Preheat convection oven to 350 degrees F.

Divide chicken between 2-inch full hotel pans (for 50 portions). Divide the tomatoes & sauce between the two pans. Stir to coat the chicken with the sauce.

Cover and bake in combi oven until the internal temperature reaches 165 degrees F, 30 to 45 minutes.

Serve 1/2 cup chicken mixture with a pita (pizza dough) pocket cut in four pieces.

PIZZA DOUGH:

Basic Preparation

Set thawed dough at room temperature for 45 minutes to warm. If needed, use a rolling pin to roll and flatten the dough into a circle about 5 inches across. Brush the edges of the dough with water. Brush the top with olive oil. Place on lined sheet pan. Bake in preheated 325 degrees F convection oven. Bake for 7-8 minutes or until crust is light golden brown and has puffed up to a pillow shape. Cut in half to create two half circles. Keep in warmer covered with plastic wrap until service.

Thawing Instructions

Place frozen dough on parchment lined sheet pan. Cover the pan with a sheet of plastic, sprayed with pan release oil, and thaw in the cooler overnight.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Food Component Equivalents: 2 oz. Meat/Meat Alternate & 2 oz. Grain/Bread

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	352.40		
Fat	11.10g		
SaturatedFat	3.30g		
Trans Fat	0.01g		
Cholesterol	85.00mg		
Sodium	914.30mg		
Carbohydrates	38.50g		
Fiber	4.70g		
Sugar	7.50g		
Protein	25.50g		
Vitamin A	300.00IU	Vitamin C	2.40mg
Calcium	47.76mg	Iron	3.43mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Mumbai Rice

Servings:	50.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45101
School:	Hamilton Southeastern High School CCA		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN	3 1/4 Pound	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
Water	1 1/16 Gallon	READY_TO_DRINK	Water
SALT SEA	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		748590
SPICE CINNAMON GRND	1 Tablespoon		224723
SPICE CUMIN GRND	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		273945
OIL BLND CANOLA/XVGRN 80/20	1 1/3 Cup		645182
ONION YELLOW JUMBO	1 Pound		109620
SPICE GARLIC GRANULATED	3 Teaspoon		513881
SPICE GINGER GRND	1 Teaspoon		513695

Preparation Instructions

Pre-heat steamer

in a 2-in. hotel pan, combine rice, water, salt, cinnamon, and cumin. Cook for 30-35 minutes, until tender.

Once rice is cooked, remove from heat and let cool for 10 minutes then fluff with fork.

Mix the oil, onion, garlic and ginger together and cook on a sheet pan in the oven for 10 minutes at 350 before adding them to the rice.

Add the onion, garlic and ginger mixture to the rice and toss gently to mix.

Hold for hot service at 135 degrees F or higher.

Serve 1/2 cup.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Food Component Equivalents: 1 oz. Grain/Bread

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.130
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	212.55		
Fat	7.35g		
SaturatedFat	0.43g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	396.36mg		
Carbohydrates	34.63g		
Fiber	1.09g		
Sugar	0.32g		
Protein	3.81g		
Vitamin A	0.18IU	Vitamin C	0.67mg
Calcium	6.73mg	Iron	1.24mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Caprese Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45108
School:	ADMIN TEMPLATE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE MOZZ FRSH LOG	3 Ounce		818540
TOMATO 6X7 MED	1 Slice		315133
BASIL FRESH	1 Tablespoon		162510
DRESSING VINAG BALSM	1 Fluid Ounce		166732
5" Split Top Whole Grain Hoagie Bun	1	READY_TO_DRINK	3737

Preparation Instructions

Slice fresh mozzarella to equal one or two slices for a total serving weight of 3oz.

Slice tomato to equal one or two slices for a total serving weight of 2oz.

Shred basil leaves.

Layer on one half of the hoagie bun in order, mozzarella, tomato, .5oz basil, 1oz balsamic vinaigrette.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Food Component Equivalents: 2 oz. Meat/Meat Alternate & 2 oz. Grain/Bread

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	508.10		
Fat	32.10g		
SaturatedFat	15.03g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	802.25mg		
Carbohydrates	34.75g		
Fiber	2.55g		
Sugar	9.25g		
Protein	24.40g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	424.50mg	Iron	0.84mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken Caesar Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45115
School:	ADMIN TEMPLATE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1/2 Cup		735787
CHIX TNR WGRAIN FC	3 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
CHEESE MOZZ SHRD	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610
DRESSING CAESAR CARDINI	1 Fluid Ounce		776866

Preparation Instructions

Chop down the romaine lettuce more than it already is.

Cook and cool chicken for later use.

On the tortilla, spread Ceasar dressing, layer lettuce, diced chicken and mozzarella cheese and roll into a wrap.

Cut in half and serve.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Food Component Equivalents:3 oz. Meat/Meat Alternate & 3.25 oz. Grain/Bread

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	3.250
Fruit	0.000
GreenVeg	0.250
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	685.00
Fat	42.50g
SaturatedFat	11.50g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	907.00mg
Carbohydrates	49.00g
Fiber	7.50g
Sugar	4.50g
Protein	28.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 294.00mg	Iron 4.18mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Stromboli

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45141
School:	ADMIN TEMPLATE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STROMBOLI MT CHS	1 Each	For best results, allow to thaw prior to cooking. Do not refreeze. Cook for 8-10 minutes in a 380 degree F Convection oven. Cook before eating to an internal temperature of 165 degree F as measured by a food thermometer. Marketing Tips	474964

Preparation Instructions

For best results, allow to thaw prior to cooking. Do not refreeze. Cook for 8-10 minutes in a 380 degree F Convection oven. Cook before eating to an internal temperature of 165 degree F as measured by a food thermometer.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	290.00
Fat	11.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	580.00mg
Carbohydrates	30.00g
Fiber	0.00g
Sugar	5.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 148.00mg	Iron 2.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Bibimbap Bowl

Servings:	25.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45205
School:	ADMIN TEMPLATE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BROWN WGRAIN	1 Pint 1 1/4 Cup (3 1/4 Cup)		231059
TOFU FIRM VACUUM PACK	4 Pound 11 Ounce (75 Ounce)		278720
STARCH CORN	6 Fluid Ounce		318012
OIL CANOLA	2 Fluid Ounce 1 Tablespoon (5 Tablespoon)		330252
MUSHROOM SLCD 3/16IN 2 RANDOM SZ	5 Ounce		637442
CARROT SHRD MED	1 Pint 1/2 Cup (2 1/2 Cup)		313408
CUCUMBER SELECT	1 Quart 1 Cup (5 Cup)	Peeled and diced	418439
RADISH SLCD 1/8IN	1 1/4 Cup		212733
SPINACH LEAF FLAT CLND	1 Quart 1 Cup (5 Cup)		329401
ONION GREEN	15 Ounce	Sliced thinly	596981
SAUCE SOY LITE	2 Fluid Ounce 1 Tablespoon (5 Tablespoon)		466425
EDAMAME SHELLLED	1 Quart 1 Pint 1/4 Cup (6 1/4 Cup)		312928
SPICE PEPR RED CAYENNE GRND	1 Teaspoon		225088

Preparation Instructions

1. Prepare rice according to package directions.
2. Prepare tofu as directed on package.
3. Once the tofu is drained of its liquid, cube it and roll in corn starch in a large bowl.
4. Sear tofu in preheated canola oil for about 4 minutes, using either a tilt skillet or a preheated oiled sheet pan.
5. Add 1/4 of the soy sauce and sear for another minute. Remove from heat and put aside.

6. Using the same cooking surface/vessel, cook the mushrooms with 1/2 tbs soy sauce. This will deglaze the mushrooms, meaning the sediments on the bottom of the pan that are full of flavor, are rehydrated using a liquid and heat, while stirring.
7. Add two tablespoons of water to the pan and sauté the granulated garlic with the mushrooms, for 2 minutes.
8. Add the spinach to the garlic and mushrooms and put a lid on the pan. Cook for about 2 minutes or just until the spinach wilts.
9. Prepare the edamame per package instructions.
10. Optional: season with cayenne pepper and add another 1/2 tablespoon of soy sauce.

To serve, portion 4 oz of rice in a bowl. Top the rice with the tofu and edamame, offer the rest of the vegetables as a choice for the student to self-serve.

1/2 cup rice, 1/2 cup tofu, 1/4 cup edamame, 1/4 cup cucumber, 1/2 cup spinach and mushroom mixture, 1/4 cup shredded carrots, 1 tablespoon of sliced radishes and 1 table spoon green onions.

1/4 cup Edamame = 1m/ma

3oz Tofu = 1m/ma

Meal Components (SLE)

Amount Per Serving

Meat	1.933
Grain	0.260
Fruit	0.000
GreenVeg	0.100
RedVeg	0.100
OtherVeg	0.700
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	240.44
Fat	9.35g
SaturatedFat	0.70g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	148.28mg
Carbohydrates	27.67g
Fiber	5.36g
Sugar	2.05g
Protein	15.01g
Vitamin A 2679.39IU	Vitamin C 2.34mg
Calcium 113.53mg	Iron 4.42mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45230
School:	ADMIN TEMPLATE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG Buffalo Chicken Stuffed Sandwich	1 Each		845745

Preparation Instructions

Cook to an internal temperature of 165 degrees F. Convection Oven: Preheat oven to 325 degrees F, high fan. Leave frozen product in plastic wrapper and place on a baking sheet. Bake for 26 to 29 minutes. Rotate product halfway through bake time. Allow product to rest in wrapper at least 4 minutes. Remove from wrapper and serve.

Note: Increased bake time is needed for additional product.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00
Fat	9.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	500.00mg
Carbohydrates	25.00g
Fiber	2.00g
Sugar	3.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 198.40mg	Iron 1.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Pasta & Meatballs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45237
School:	ADMIN TEMPLATE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY	4 Ounce	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
PASTA ROTINI 51 WGRAIN	2 Ounce		229951
MEATBALL CKD .65Z 6-5 COMM	4 Each	BAKE KEEP FROZENCONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F.STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860

Preparation Instructions

Cook pasta as directed on packaging. Heat meatballs and sauce together until reaching temperature of 165 degrees or more. Serve 1 cup pasta with four each meatballs in sauce.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	390.67		
Fat	10.00g		
SaturatedFat	3.50g		
Trans Fat	0.60g		
Cholesterol	36.00mg		
Sodium	662.67mg		
Carbohydrates	57.00g		
Fiber	8.33g		
Sugar	11.67g		
Protein	22.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	92.33mg	Iron	3.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

WG Flatbread

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45474
School:	Riverside Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Flatbreads, Whole Grain, Frozen,	1 Each	THAW	959048

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	80.00
Fat	2.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	150.00mg
Carbohydrates	13.00g
Fiber	1.00g
Sugar	1.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 11.09mg	Iron 0.68mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Roasted Brown Sugar Winter Squash

Servings:	50.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45619

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE CINNAMON GRND	1 1/2 Tablespoon		224723
SUGAR BROWN LT	1 Pint 1/4 Cup (2 1/4 Cup)		860311
BUTTER ALT LIQ NT	1/4 Pound		614640
SPICE PEPR BLK REST GRIND	1 Teaspoon		225061
OIL BLND CANOLA/XVGRN 80/20	3/4 Cup		645182
fresh 1/2" diced butternut squash	13 1/2 Pound	ROAST	02081

Preparation Instructions

Spray 4 full sheets lightly with food release. Distribute the squash evenly among pans in a single layer, being careful not to overcrowd the pans.

combine liquid butter with olive oil, brown sugar, cinnamon and pepper. Mix thoroughly.

Divide the butter mixture equally among pans. Stir until squash is well coated.

Roast, uncovered, until cooked through and lightly browned.

Convection oven: Bake at 350 degrees F. for about 20-30 minutes.

CCP: Hold for hot service at 140 degrees F. or higher.

Serve 1/2 cup.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	113.05
Fat	5.50g
SaturatedFat	0.62g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	15.26mg
Carbohydrates	17.50g
Fiber	1.51g
Sugar	10.26g
Protein	0.76g
Vitamin A 7992.00IU	Vitamin C 15.66mg
Calcium 35.79mg	Iron 0.53mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	99.69
Fat	4.85g
SaturatedFat	0.55g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	13.46mg
Carbohydrates	15.43g
Fiber	1.33g
Sugar	9.05g
Protein	0.67g
Vitamin A 7047.74IU	Vitamin C 13.81mg
Calcium 31.56mg	Iron 0.47mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Roasted Delicata Parmesan Squash

Servings:	50.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45623
School:	Fishers High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND CANOLA/XVGRN 80/20	1 9/16 Cup		645182
SQUASH DELICATA	25 Pound	USE PIAZZA FOR ORDER RATHER THAN THIS ITEM #02262	243894
SPICE PEPR BLK REST GRIND	1/2 Tablespoon		225061
CHEESE PARM SHRD FCY	1 9/16 Quart		460095

Preparation Instructions

USE PIAZZA TO ORDER THE SQUASH DELICATA, #02262 AS PER THE SPREADSHEET

Preheat oven to 400 degrees F.

Slice each squash in half, length wise and remove seeds.

Slice into half-moons.

Toss half-moons with oil and pepper.

Place on a parchment lined sheet pan and bake for 10-15 minutes.

Remove from oven and toss with Parmesan Cheese.

Return to oven and bake for another 10 minutes until squash is tender and golden brown.

Hot hold for service.

1/2 cup per serving

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	169.73
Fat	14.98g
SaturatedFat	5.49g
Trans Fat	0.00g
Cholesterol	24.96mg
Sodium	279.55mg
Carbohydrates	1.00g
Fiber	1.00g
Sugar	0.00g
Protein	8.99g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 265.57mg	Iron 0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	149.67
Fat	13.21g
SaturatedFat	4.84g
Trans Fat	0.00g
Cholesterol	22.01mg
Sodium	246.52mg
Carbohydrates	0.88g
Fiber	0.88g
Sugar	0.00g
Protein	7.92g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 234.20mg	Iron 0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Roasted Apple and Squash

Servings:	50.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45637

Ingredients

Description	Measurement	Prep Instructions	DistPart #
fresh 1/2" diced butternut squash	7 Pound		02081
Local-Apple Red US-FNCY	7 1/2 Pound		08218
SPICE CINNAMON GRND	2 Teaspoon		224723
SPICE PEPR BLK REST GRIND	2 Teaspoon		225061

Preparation Instructions

Preheat oven to 350 degrees F.

Place squash and diced apples onto baking sheet that has been lightly coated with non-stick cooking spray.

In a small bowl, combine cinnamon and pepper. Mist squash and apples with water or cooking spray and dust with mixed spices.

Bake 30-40 minutes until tender.

Serve 1/2 cup

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	49.72
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	3.14mg
Carbohydrates	12.93g
Fiber	2.17g
Sugar	4.53g
Protein	0.78g
Vitamin A 8288.00IU	Vitamin C 16.24mg
Calcium 36.96mg	Iron 0.55mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	43.85
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.77mg
Carbohydrates	11.41g
Fiber	1.91g
Sugar	3.99g
Protein	0.69g
Vitamin A 7308.77IU	Vitamin C 14.32mg
Calcium 32.59mg	Iron 0.48mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Strawberry Shortcake Dessert

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45651

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRIES SLCD IQF 6-5 COMM	3 Ounce	THAW	105302
TOPPING WHIP I/BG	1 Tablespoon	<p>READY_TO_EAT</p> <p>1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED</p> <p>THAW</p> <p>1. Open Bag On Dotted Line 2. Push Through Perforation To Position Tip 3. Twist Top Of Bag 4. Squeeze & Twist Top Of Bag To Dispense Storage: Arrives Frozen. Thawing Instructions: Single Bag, Thaw In Refrigerator Overnight Or For At Least 6 Hours. Full Case, Thaw In Refrigerator 2-3 Days. Shelf Life: 2 Weeks Refrigerated Do Not Massage Frozen Or Partially Thawed Bag Perishable. Keep Refrigerated.</p>	330442
DOUGH BISCUIT WGRAIN	1 Each	<p>BAKE</p> <p>1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE.</p> <p>2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1</p> <p>4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.</p>	237390
SUGAR BEET GRANUL	1 Teaspoon		108588

Preparation Instructions

Remove strawberries from freezer two days before serving.

Remove whip topping from freezer one day prior to serving.

Bake biscuits fresh the day of serving.

When cooled, split the biscuit in half (top/bottom).

Simple Syrup:

Mix 1/2 cup sugar with 1/2 cup HOT water, stir until completely dissolved.

Add simple syrup to one bag of thawed strawberries.

With a whisk, stir strawberries, slightly mashing them but not breaking them apart completely.

Place bottom half of biscuit in a 4oz foam bowl (GFS #830370).

Put 1.5 oz strawberry mix on bottom half, place top half of the biscuit over the strawberries.

Put the remaining 1.5 oz strawberry mix over the top half of the biscuit.

Place a dollop of the whipped topping on top.

Serve one each.

ALTERNATIVE STRAWBERRY PRODUCT: GFS #293393

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.500
Fruit	0.250
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		230.00	
Fat		8.35g	
SaturatedFat		5.45g	
Trans Fat		0.08g	
Cholesterol		2.00mg	
Sodium		383.55mg	
Carbohydrates		35.50g	
Fiber		4.10g	
Sugar		10.75g	
Protein		3.95g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.70mg	Iron	1.18mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Breaded Fish Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45758
School:	Hoosier Road Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX WGRAIN MSC 1Z	4 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen sticks on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.	547102

Preparation Instructions

BAKE

COOKING INSTRUCTIONS FROM FROZEN:

TO BAKE: Place frozen sticks on a lightly oiled sheet pan.

CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	210.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	330.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Breaded Fish Nuggets

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45762
School:	ADMIN TEMPLATE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD NUG CRNCHY MSC 1Z	4 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen nuggets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 11-13 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.	344271

Preparation Instructions

BAKE

COOKING INSTRUCTIONS FROM FROZEN:

TO BAKE: Place frozen nuggets on a lightly oiled sheet pan.

CONVECTION OVEN: Preheat oven to 375°F and bake for 11-13 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	210.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	330.00mg		
Carbohydrates	23.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.50mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Breaded Fish Fillet Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45763
School:	ADMIN TEMPLATE HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD FLLT WGRAIN MSC 3.6Z	1 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: CONVENTIONAL OVEN: Preheat oven to 425°F. Bake portions for 18-20 minutes. CONVECTION OVEN: Preheat oven to 400°F. Bake portions for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.	519420
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474
CHEESE AMER 160CT SLCD R/F R/SOD	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	189071

Preparation Instructions

BAKE

COOKING INSTRUCTIONS FROM FROZEN:

CONVECTION OVEN: Preheat oven to 400°F. Bake portions for 14-16 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Assemble one fish fillet with cheese in-between bun slices.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	345.00
Fat	11.00g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	565.00mg
Carbohydrates	42.00g
Fiber	3.00g
Sugar	4.00g
Protein	19.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 104.50mg	Iron 9.10mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

NSBW 24 DONUT BAR

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45833
School:	Cumberland Road Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN	1 Each		556582
GLAZE DONUT HNY DIPT	1 Tablespoon		613789
SPRINKLES RAINBOW DECOR	1 Teaspoon		421620
SPICE CINN-MAPL SPRINKLE	0 Teaspoon		565911
CEREAL TRIX R/S WGRAIN BWL	0 Package	READY_TO_EAT Ready to Eat	265782
CEREAL FROOT LOOPS R/S BWL	0 Each		283620

Preparation Instructions

Thaw and warm up the Donut to a temperature of 180 degrees F for best results.

Stir glaze and portion up an amount of the glaze in a separate bowl. Dip one side of the donut in the glaze and apply desired topping.

Apply one of these toppings: sprinkles, Cinnamon maple sprinkle, Trix cereal or Froot loop cereal.

Made to order or a variety of choices.

One each per serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	362.30		
Fat	16.60g		
SaturatedFat	7.80g		
Trans Fat	0.12g		
Cholesterol	0.00mg		
Sodium	305.60mg		
Carbohydrates	49.00g		
Fiber	2.50g		
Sugar	23.50g		
Protein	4.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.88mg	Iron	1.45mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

NSBW 24 BREAKFAST SANDWICH

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45837
School:	ADMIN TEMPLATE ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE WGRAIN	2 Each	READY_TO_EAT Convection Oven: Pre-heat to 350F. Remove waffles from the bag. Place frozen waffles in a single layer on an ungreased baking sheet. Bake 5-7 minutes and check (bake until lightly toasted, do not over bake) Leave uncovered in warmer for no more than 15-20 minutes before serving. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	138652
EGG PTY RND 300 - 1.25Z	1 Each		427073
CHEESE AMER 160CT SLCD R/F	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
SAUSAGE PTY TKY CKD 1Z	1 Each		184970

Preparation Instructions

WAFFLE:

Convection Oven: Pre-heat to 350 degrees F. Remove waffles from the bag. Place frozen waffles in a single layer on an ungreased baking sheet. Bake 5-7 minutes and check (bake until lightly toasted, do not over bake). Leave uncovered in warmer for no more than 15-20 minutes before serving.

EGG PATTY:

CONVECTION: Preheat Temp 250°F; Time from Frozen 18 - 20 min; Time from Thawed 10 - 12 min; Preheat oven. Place a single layer of product in full-size steamer pan sprayed with non-stick cooking spray; do not cover. Bake until thoroughly heated.

STEAMER: Time from Frozen 8 min; Time from Thawed 5 min; Place single layer of product in an ungreased full-size steamer pan; do not cover.

STEAM TABLE HOLD: Place full load of heated product in a steam table pan. Set temperature at medium. Hold up to 1 hour maximum.; Due to variance in equipment, heating time and temperature may require adjustment. Product should be heated to 165°F (74°C) internal temperature.

TURKEY PATTY:

Convection Oven: Preheat convection oven to 375°F. Position patties in a single layer about 1" apart on shallow

baking pan. Cook for 4-5 minutes and until internal temperature reaches 140°F. as measured by a meat thermometer.

Combination Oven: Preheat combination oven to 325°F. Position patties in a single layer about 1" apart on shallow baking pan. Cook for 4-5 minutes and until internal temperature reaches 140°F. as measured by a meat thermometer.

ASSEMBLE:

Waffle, Sausage Patty, Cheese Slice, Waffle.

Serve one sandwich each.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	335.00
Fat	16.00g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	142.50mg
Sodium	680.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	4.50g
Protein	16.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	Iron 2.86mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

NSBW 24 BREAKFAST SCRAMBLE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45845
School:	ADMIN TEMPLATE ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE BKFST SCRMBD CNTRY	4 Ounce		788051
DOUGH PIZZA SHTD WGRAIN	2 1/2 Ounce		863913
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

EGG SCRAMBLE:

Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature.

PIZZA DOUGH:

Remove frozen pizza dough from the freezer and place on sheet pan to thaw overnight.

Cover the pan of frozen dough with a sheet of plastic sprayed with pan release oil and thaw in the cooler at 38-40 degrees overnight.

The next day, remove covered pan of dough from the cooler and set at room temperature for 45 minutes to warm.

Place the individual pizza dough on upside down large muffin pan. Allow a second proof until dough is puffy.

Bake in 325 degrees F. oven for 12-15 minutes or until light golden brown.

Let the baked pizza crusts cool. Turn the crust so you have what is like a small bowl.

ASSEMBLY:

Place 4oz of breakfast scramble in baked crust, top with shredded cheese. Serve one each.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	415.45
Fat	18.15g
SaturatedFat	8.34g
Trans Fat	0.01g
Cholesterol	144.32mg
Sodium	711.63mg
Carbohydrates	40.36g
Fiber	3.20g
Sugar	5.10g
Protein	22.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 268.88mg	Iron 2.81mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

NSBW 24 BREAKFAST SUNDAE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45851
School:	ADMIN TEMPLATE ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CONE 310 SGR	1 0		458811
CONE 10 CAKE DISPNSR	0 Each		454990
BANANA TURNING SNGL 150CT	1 Each		197769
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to eat.1. Tear at notch2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
ROUND BKFST UBR	1 Each	BAKE HANDLING INSTRUCTIONS: 1. KEEP FROZEN AT 0°F (-18°C) UNTIL READY TO USE. DO NOT CONSUME RAW DOUGH. USE SAFE FOOD HANDLING PROCEDURES. 2. PAN FROZEN DOUGH 3 X 4 ON LINED SHEET PAN. 3. BAKE FROZEN DOUGH UNTIL EDGES ARE GOLDEN BROWN: FOR BEST RESULTS: BAKE IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES. CAN ALSO BE BAKED IN CONVECTION OVEN AT 350°F (175°C), 10 - 12 MINUTES, RACK OVEN AT 350°F (175°C), 10 - 12 MINUTES OR CONVENTIONAL OVEN AT 350°F (175°C) (MIDDLE RACK), FOR 14 - 16 MINUTES. FOR SQUARE SHAPED PRODUCT: PAN FROZEN DOUGH 6 X 8 ON LINED SHEET PAN. BAKE FROZEN DOUGH IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES. 4. REMOVE FROM OVEN AND COOL ON SHEET PAN.	794230
CEREAL GRANOLA TSTD OAT	0 Cup	READY_TO_EAT Follow instruction on the package	711664

Description	Measurement	Prep Instructions	DistPart #
TOPPING WHIP I/BG	1 Tablespoon	<p>READY_TO_EAT</p> <p>1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED</p> <p>THAW</p> <p>1. Open Bag On Dotted Line 2. Push Through Perforation To Position Tip 3. Twist Top Of Bag 4. Squeeze & Twist Top Of Bag To Dispense Storage: Arrives Frozen. Thawing Instructions: Single Bag, Thaw In Refrigerator Overnight Or For At Least 6 Hours. Full Case, Thaw In Refrigerator 2-3 Days. Shelf Life: 2 Weeks Refrigerated Do Not Massage Frozen Or Partially Thawed Bag Perishable. Keep Refrigerated.</p>	330442
SPRINKLES RAINBOW DECOR	1 Teaspoon		421620
CEREAL TRIX R/S WGRAIN BWL	0 Package	<p>READY_TO_EAT</p> <p>Ready to Eat</p>	265782
CEREAL FROOT LOOPS R/S BWL	0 Each		283620
PINEAPPLE TIDBITS IN JCE	1/8 Cup	<p>READY_TO_EAT</p> <p>Ready to Eat</p>	509221
Strawberries Sliced	1/8 Cup		

Preparation Instructions

Cut peeled bananas in half lengthwise. Cover in LEFTOVER pineapple juice until time of assembly.

Break the UBR bar into crumbles and pieces. ALTERNATE granola is #711664

ASSEMBLY:

In a boat, place each half of one banana on each side.

Put yogurt in between the two banana halves.

Sprinkle the UBR crumbs over the yogurt.

Place some strawberries in the boat over they yogurt.

Stick the ice cream cone upside down, into the yogurt leaning toward one end of the boat. ALTERNATE #454990

Sprits whip topping on top.

If you have leftover strawberries, place some over the yogurt on the opposite side of the cone.

Finish with either a colorful cereal or sprinkles over the arrangement. Choose from #421620, #265782, #283620.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.750
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	535.99
Fat	9.50g
SaturatedFat	3.92g
Trans Fat	0.06g
Cholesterol	10.73mg
Sodium	263.31mg
Carbohydrates	106.27g
Fiber	10.38g
Sugar	57.74g
Protein	10.14g
Vitamin A 75.52IU	Vitamin C 10.27mg
Calcium 170.71mg	Iron 1.95mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken Caesar Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45854
School:	Fishers Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1/2 Cup		735787
CHIX TNR WGRAIN FC	3 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
CHEESE MOZZ SHRD	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610
DRESSING CAESAR CARDINI	1 Fluid Ounce		776866

Preparation Instructions

Chop down the romaine lettuce more than it already is.

Cook and cool chicken for later use.

On the tortilla, spread Ceasar dressing, layer lettuce, diced chicken and mozzarella cheese and roll into a wrap.

Cut in half and serve.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Food Component Equivalents:3 oz. Meat/Meat Alternate & 3.25 oz. Grain/Bread

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	3.000
Fruit	0.000
GreenVeg	0.250
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	685.00
Fat	42.50g
SaturatedFat	11.50g
Trans Fat	0.00g
Cholesterol	70.00mg
Sodium	907.00mg
Carbohydrates	49.00g
Fiber	7.50g
Sugar	4.50g
Protein	28.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 294.00mg	Iron 4.18mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Veggie Entree Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45856
School:	Fishers Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Pint		735787
CARROT BABY WHL PETITE	2 Ounce		768146
BROCCOLI CRWN ICELESS	1/4 Cup		704547
PEPPERS COLORED MIXED ASST	1/4 Cup		491012
TOMATO GRAPE SWT	1/8 Cup		129631
EDAMAME SHELLLED	3/4 Cup		312928
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.799
Grain	0.000
Fruit	0.000
GreenVeg	1.125
RedVeg	0.574
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	286.49
Fat	14.21g
SaturatedFat	6.04g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	277.66mg
Carbohydrates	24.20g
Fiber	10.66g
Sugar	9.56g
Protein	20.80g
Vitamin A 1336.59IU	Vitamin C 81.64mg
Calcium 320.84mg	Iron 3.68mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Beef Dippers on Mash & Pretzel

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45857
School:	Fishers Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF TERIYAKI DIPPERS .7Z 5-5 COMM	4 Each	<p>BAKE From a frozen state. Conventional Oven Bake at 350 in conventional oven for 7-9 minutes.</p> <p>CONVECTION From a frozen state. Convection Oven Bake in a preheated convection oven at 350F for 4-7 minutes</p> <p>MICROWAVE From a frozen state. Microwave Microwave on full power for 1-2 minutes.</p>	136591
Mashed Potatoes	4 Serving	<p>1) POUR 1 POUCH OF POTATO PEARLS EXCEL MASHED POTATOES INTO A 4" DEEP HALF-SIZE STEAM TABLE PAN. 2) MEASURE 1 GALLON OF HOT WATER (170- 190 DEGREES F) AND POUR OVER POTATO PEARLS EXCEL MASHED POTATOES. PROMPTLY STIR FOR 15-20 SECONDS TO ENSURE EVEN DISTRIBUTION. 3) ALLOW POTATOES TO SIT FOR 3-5 MINUTES. FLUFF WITH FORK AND SERVE. 4)RE-FRESH PRODUCT BY ADDING TO CUP OF BOILING WATER AS NEEDED. 1 bag yields 40-1/2 cup servings. CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS. CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.</p>	R-43672
PRETZEL ROD SFT WHEAT	2 Each		607940

Preparation Instructions

BAKE

CONVECTION

From a frozen state.

Convection Oven

Bake in a preheated convection oven at 350F for 4-7 minutes.

Prepare Mashed Potatoes according to recipe R-43672

Warm up pretzel rods.

Serve 4 Teriyaki Beef Dippers over a bowl of mashed potatoes. 2 Pretzel Rods.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	6141.37
Fat	73.90g
SaturatedFat	3.50g
Trans Fat	0.50g
Cholesterol	40.00mg
Sodium	25004.53mg
Carbohydrates	1138.37g
Fiber	68.90g
Sugar	5.00g
Protein	148.81g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 659.04mg	Iron 21.37mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Breaded Fish Fillet Sandwich

Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45922

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD FLLT WGRAIN MSC 3.6Z	1 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: CONVENTIONAL OVEN: Preheat oven to 425°F. Bake portions for 18-20 minutes. CONVECTION OVEN: Preheat oven to 400°F. Bake portions for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.	519420
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474
CHEESE AMER 160CT SLCD R/F R/SOD	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	189071

Preparation Instructions

BAKE

COOKING INSTRUCTIONS FROM FROZEN:

CONVECTION OVEN: Preheat oven to 400°F. Bake portions for 14-16 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Assemble one fish fillet with cheese in-between bun slices.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	345.00
Fat	11.00g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	42.50mg
Sodium	565.00mg
Carbohydrates	42.00g
Fiber	3.00g
Sugar	4.00g
Protein	19.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 104.50mg	Iron 9.10mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Pizza Pack

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45923

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4IN	2 Each	THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it! Use the product for slider buns, mini pizzas, tacos. The connector can be used for whole grain rich croutons for salad!	959048
PEPPERONI TKY SLCD 15/Z	15 Slice	READY_TO_EAT Fully Cooked - Ready To Eat This item is fully cooked and is "Ready To Eat".	276662
CHEESE MOZZ SHRD	1/4 Cup		645170
SAUCE MARINARA DIPN CUP	1 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	677721

Preparation Instructions

place all components in a container.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	368.18
Fat	14.41g
SaturatedFat	4.64g
Trans Fat	0.00g
Cholesterol	45.30mg
Sodium	1083.64mg
Carbohydrates	38.52g
Fiber	2.00g
Sugar	9.76g
Protein	21.82g
Vitamin A 0.20IU	Vitamin C 0.06mg
Calcium 249.91mg	Iron 2.59mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45924
School:	Fishers Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOTSPCY BRD 3.75Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
LETTUCE SHRD TACO 1/8CUT	1/8 Cup		242489
CHEESE CHED MLD SHRD 4- 5 LOL	1/14 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
TOMATO ROMA DCD 3/8IN	1 Ounce		786543
TORTILLA SHELL SAL ULTRGR 10IN BK	1 Each		720526

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.300
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	467.10
Fat	26.52g
SaturatedFat	6.18g
Trans Fat	0.00g
Cholesterol	53.40mg
Sodium	554.07mg
Carbohydrates	33.54g
Fiber	3.42g
Sugar	1.84g
Protein	24.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.02mg	Iron 2.12mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Breaded Fish Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45925
School:	Lantern Road Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX WGRAIN MSC 1Z	4 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen sticks on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.	547102

Preparation Instructions

BAKE

COOKING INSTRUCTIONS FROM FROZEN:

TO BAKE: Place frozen sticks on a lightly oiled sheet pan.

CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	210.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	330.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Breaded Fish Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45927
School:	Fishers Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX WGRAIN MSC 1Z	4 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen sticks on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.	547102

Preparation Instructions

BAKE

COOKING INSTRUCTIONS FROM FROZEN:

TO BAKE: Place frozen sticks on a lightly oiled sheet pan.

CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	210.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	330.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Roasted Delicata Parmesan Squash

Servings:	50.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45932

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND CANOLA/XVGRN 80/20	1 9/16 Cup		645182
SQUASH DELICATA	25 Pound	USE PIAZZA FOR ORDER RATHER THAN THIS ITEM #02262	243894
SPICE PEPR BLK REST GRIND	1/2 Tablespoon		225061
CHEESE PARM GRTD	1 9/16 Quart		445401

Preparation Instructions

USE PIAZZA TO ORDER THE SQUASH DELICATA, #02262 AS PER THE SPREADSHEET

Preheat oven to 400 degrees F.

Slice each squash in half, length wise and remove seeds.

Slice into half-moons.

Toss half-moons with oil and pepper.

Place on a parchment lined sheet pan and bake for 10-15 minutes.

Remove from oven and toss with Parmesan Cheese.

Return to oven and bake for another 10 minutes until squash is tender and golden brown.

Hot hold for service.

1/2 cup per serving

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	119.79
Fat	11.48g
SaturatedFat	3.49g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	194.63mg
Carbohydrates	0.00g
Fiber	0.00g
Sugar	0.00g
Protein	5.99g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 143.72mg	Iron 0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	105.64
Fat	10.12g
SaturatedFat	3.08g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	171.63mg
Carbohydrates	0.00g
Fiber	0.00g
Sugar	0.00g
Protein	5.28g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.74mg	Iron 0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Breaded Fish Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45935
School:	Hoosier Road Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX WGRAIN MSC 1Z	4 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen sticks on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.	547102

Preparation Instructions

BAKE

COOKING INSTRUCTIONS FROM FROZEN:

TO BAKE: Place frozen sticks on a lightly oiled sheet pan.

CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	210.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	330.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

NSBW 24 BREAKFAST TACOS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45950
School:	ADMIN TEMPLATE ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE BKFST SCRMDB CNTRY	4 Ounce		788051
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
PANCAKE BTRMLK WGRAIN	1 Each	READY_TO_EAT The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. DO NOT RE-FREEZE! Re-freezing will cause product to stick together. The day of serving: Remove product from refrigerator or cooler. Remove from packaging. Heat in a warmer or convection oven at 175 degrees for 5 minutes. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	156101

Preparation Instructions

PANCAKES:

THE DAY BEFORE SERVING: REMOVE PRODUCT IN FULL CASES FROM THE FREEZER AND THAW FOR 2 HOURS AT ROOM TEMPERATURE. AFTER THAWING, PUT IN THE REFRIGERATOR/COOLER UNTIL NEEDED. PRODUCT IN THE REFRIGERATOR/COOLER MUST BE USED WITHIN 1 WEEK. DO NOT RE-FREEZE! RE-FREEZING WILL CAUSE PRODUCT TO STICK TOGETHER.

THE DAY OF SERVING: REMOVE PRODUCT FROM REFRIGERATOR OR COOLER. HEAT IN A WARMER OR CONVECTION OVEN AT 175 DEGREES FOR 5 MINUTES.

EGG SCRAMBLE:

Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature.

ASSEMBLY:

Prepare pancake and egg scramble as directed.

Serve egg scramble on top of pancake and fold like a taco, sprinkle shredded cheese on top. Wrap in foil or wax paper to hold.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	308.05
Fat	15.80g
SaturatedFat	6.54g
Trans Fat	0.00g
Cholesterol	141.82mg
Sodium	609.83mg
Carbohydrates	25.11g
Fiber	1.00g
Sugar	6.10g
Protein	15.55g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 241.97mg	Iron 1.83mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Breaded Fish Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45965
School:	Southeastern Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX WGRAIN MSC 1Z	4 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen sticks on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.	547102

Preparation Instructions

BAKE

COOKING INSTRUCTIONS FROM FROZEN:

TO BAKE: Place frozen sticks on a lightly oiled sheet pan.

CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	210.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	330.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

NSBW 24 DONUT HOLES

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45966
School:	Sand Creek Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE WGRAIN .41Z	1 1/8 Each		839520
SPICE CINN-MAPL SPRINKLE	1/2 Teaspoon		565911

Preparation Instructions

Thaw donut holes at room temperature.

Place in warmer until warm to touch, roll donut holes in cinnamon maple seasoning.

Place 4 donut holes in wax paper bag for each serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	62.13		
Fat	3.01g		
SaturatedFat	1.32g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	60.27mg		
Carbohydrates	7.65g		
Fiber	0.38g		
Sugar	3.13g		
Protein	0.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.14mg	Iron	0.29mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Breaded Fish Nuggets

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45969

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD NUG CRNCHY MSC 1Z	4 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen nuggets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 11-13 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.	344271

Preparation Instructions

BAKE

COOKING INSTRUCTIONS FROM FROZEN:

TO BAKE: Place frozen nuggets on a lightly oiled sheet pan.

CONVECTION OVEN: Preheat oven to 375°F and bake for 11-13 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	210.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	330.00mg		
Carbohydrates	23.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.50mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Breaded Fish Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45970

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX WGRAIN MSC 1Z	4 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen sticks on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.	547102

Preparation Instructions

BAKE

COOKING INSTRUCTIONS FROM FROZEN:

TO BAKE: Place frozen sticks on a lightly oiled sheet pan.

CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	210.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	330.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	12.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

NSBW 24 BREAKFAST SANDWICH

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45971

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE WGRAIN	2 Each	READY_TO_EAT Convection Oven: Pre-heat to 350F. Remove waffles from the bag. Place frozen waffles in a single layer on an ungreased baking sheet. Bake 5-7 minutes and check (bake until lightly toasted, do not over bake) Leave uncovered in warmer for no more than 15-20 minutes before serving. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	138652
EGG PTY RND 300 - 1.25Z	1 Each		427073
CHEESE AMER 160CT SLCD R/F	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
SAUSAGE PTY TKY CKD 1Z	1 Each		184970

Preparation Instructions

WAFFLE:

Convection Oven: Pre-heat to 350 degrees F. Remove waffles from the bag. Place frozen waffles in a single layer on an ungreased baking sheet. Bake 5-7 minutes and check (bake until lightly toasted, do not over bake). Leave uncovered in warmer for no more than 15-20 minutes before serving.

EGG PATTY:

CONVECTION: Preheat Temp 250°F; Time from Frozen 18 - 20 min; Time from Thawed 10 - 12 min; Preheat oven. Place a single layer of product in full-size steamer pan sprayed with non-stick cooking spray; do not cover. Bake until thoroughly heated.

STEAMER: Time from Frozen 8 min; Time from Thawed 5 min; Place single layer of product in an ungreased full-size steamer pan; do not cover.

STEAM TABLE HOLD: Place full load of heated product in a steam table pan. Set temperature at medium. Hold up to 1 hour maximum.; Due to variance in equipment, heating time and temperature may require adjustment. Product should be heated to 165°F (74°C) internal temperature.

TURKEY PATTY:

Convection Oven: Preheat convection oven to 375°F. Position patties in a single layer about 1" apart on shallow baking pan. Cook for 4-5 minutes and until internal temperature reaches 140°F. as measured by a meat thermometer.

Combination Oven: Preheat combination oven to 325°F. Position patties in a single layer about 1" apart on shallow baking pan. Cook for 4-5 minutes and until internal temperature reaches 140°F. as measured by a meat thermometer.

ASSEMBLE:

Waffle, Sausage Patty, Cheese Slice, Waffle.

Serve one sandwich each.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	335.00
Fat	16.00g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	142.50mg
Sodium	680.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	4.50g
Protein	16.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	Iron 2.86mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

NSBW 24 BREAKFAST SCRAMBLE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45972

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE BKFST SCRMBD CNTRY	4 Ounce		788051
DOUGH PIZZA SHTD WGRAIN	2 1/2 Ounce		863913
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250

Preparation Instructions

EGG SCRAMBLE:

Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature.

PIZZA DOUGH:

Remove frozen pizza dough from the freezer and place on sheet pan to thaw overnight.

Cover the pan of frozen dough with a sheet of plastic sprayed with pan release oil and thaw in the cooler at 38-40 degrees overnight.

The next day, remove covered pan of dough from the cooler and set at room temperature for 45 minutes to warm.

Place the individual pizza dough on upside down large muffin pan. Allow a second proof until dough is puffy.

Bake in 325 degrees F. oven for 12-15 minutes or until light golden brown.

Let the baked pizza crusts cool. Turn the crust so you have what is like a small bowl.

ASSEMBLY:

Place 4oz of breakfast scramble in baked crust, top with shredded cheese. Serve one each.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	415.45
Fat	18.15g
SaturatedFat	8.34g
Trans Fat	0.01g
Cholesterol	144.32mg
Sodium	711.63mg
Carbohydrates	40.36g
Fiber	3.20g
Sugar	5.10g
Protein	22.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 268.88mg	Iron 2.81mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

NSBW 24 BREAKFAST SUNDAE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45974

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CONE 310 SGR	1 0		458811
CONE 10 CAKE DISPNSR	0 Each		454990
BANANA TURNING SNGL 150CT	1 Each		197769
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to eat.1. Tear at notch2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
ROUND BKFST UBR	1 Each	BAKE HANDLING INSTRUCTIONS: 1. KEEP FROZEN AT 0°F (-18°C) UNTIL READY TO USE. DO NOT CONSUME RAW DOUGH. USE SAFE FOOD HANDLING PROCEDURES. 2. PAN FROZEN DOUGH 3 X 4 ON LINED SHEET PAN. 3. BAKE FROZEN DOUGH UNTIL EDGES ARE GOLDEN BROWN: FOR BEST RESULTS: BAKE IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES. CAN ALSO BE BAKED IN CONVECTION OVEN AT 350°F (175°C), 10 - 12 MINUTES, RACK OVEN AT 350°F (175°C), 10 - 12 MINUTES OR CONVENTIONAL OVEN AT 350°F (175°C) (MIDDLE RACK), FOR 14 - 16 MINUTES. FOR SQUARE SHAPED PRODUCT: PAN FROZEN DOUGH 6 X 8 ON LINED SHEET PAN. BAKE FROZEN DOUGH IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES. 4. REMOVE FROM OVEN AND COOL ON SHEET PAN.	794230
CEREAL GRANOLA TSTD OAT	0 Cup	READY_TO_EAT Follow instruction on the package	711664

Description	Measurement	Prep Instructions	DistPart #
TOPPING WHIP I/BG	1 Tablespoon	<p>READY_TO_EAT</p> <p>1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED</p> <p>THAW</p> <p>1. Open Bag On Dotted Line 2. Push Through Perforation To Position Tip 3. Twist Top Of Bag 4. Squeeze & Twist Top Of Bag To Dispense Storage: Arrives Frozen. Thawing Instructions: Single Bag, Thaw In Refrigerator Overnight Or For At Least 6 Hours. Full Case, Thaw In Refrigerator 2-3 Days. Shelf Life: 2 Weeks Refrigerated Do Not Massage Frozen Or Partially Thawed Bag Perishable. Keep Refrigerated.</p>	330442
SPRINKLES RAINBOW DECOR	1 Teaspoon		421620
CEREAL TRIX R/S WGRAIN BWL	0 Package	<p>READY_TO_EAT</p> <p>Ready to Eat</p>	265782
CEREAL FROOT LOOPS R/S BWL	0 Each		283620
PINEAPPLE TIDBITS IN JCE	1/8 Cup	<p>READY_TO_EAT</p> <p>Ready to Eat</p>	509221
Strawberries Sliced	1/8 Cup		

Preparation Instructions

Cut peeled bananas in half lengthwise. Cover in LEFTOVER pineapple juice until time of assembly.

Break the UBR bar into crumbles and pieces. ALTERNATE granola is #711664

ASSEMBLY:

In a boat, place each half of one banana on each side.

Put yogurt in between the two banana halves.

Sprinkle the UBR crumbs over the yogurt.

Place some strawberries in the boat over they yogurt.

Stick the ice cream cone upside down, into the yogurt leaning toward one end of the boat. ALTERNATE #454990

Sprits whip topping on top.

If you have leftover strawberries, place some over the yogurt on the opposite side of the cone.

Finish with either a colorful cereal or sprinkles over the arrangement. Choose from #421620, #265782, #283620.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.750
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	535.99
Fat	9.50g
SaturatedFat	3.92g
Trans Fat	0.06g
Cholesterol	10.73mg
Sodium	263.31mg
Carbohydrates	106.27g
Fiber	10.38g
Sugar	57.74g
Protein	10.14g
Vitamin A 75.52IU	Vitamin C 10.27mg
Calcium 170.71mg	Iron 1.95mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

NSBW 24 BREAKFAST TACOS

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45975

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE BKFST SCRMDB CNTRY	4 Ounce		788051
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce	READY_TO_EAT Preshredded. Use cold or melted	150250
PANCAKE BTRMLK WGRAIN	1 Each	READY_TO_EAT The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. DO NOT RE-FREEZE! Re-freezing will cause product to stick together. The day of serving: Remove product from refrigerator or cooler. Remove from packaging. Heat in a warmer or convection oven at 175 degrees for 5 minutes. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	156101

Preparation Instructions

PANCAKES:

THE DAY BEFORE SERVING: REMOVE PRODUCT IN FULL CASES FROM THE FREEZER AND THAW FOR 2 HOURS AT ROOM TEMPERATURE. AFTER THAWING, PUT IN THE REFRIGERATOR/COOLER UNTIL NEEDED. PRODUCT IN THE REFRIGERATOR/COOLER MUST BE USED WITHIN 1 WEEK. DO NOT RE-FREEZE! RE-FREEZING WILL CAUSE PRODUCT TO STICK TOGETHER.

THE DAY OF SERVING: REMOVE PRODUCT FROM REFRIGERATOR OR COOLER. HEAT IN A WARMER OR CONVECTION OVEN AT 175 DEGREES FOR 5 MINUTES.

EGG SCRAMBLE:

Place sealed bag in a steamer or in boiling water. Heat approximately 45 minutes or until product reaches serving temperature.

ASSEMBLY:

Prepare pancake and egg scramble as directed.

Serve egg scramble on top of pancake and fold like a taco, sprinkle shredded cheese on top. Wrap in foil or wax paper to hold.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	308.05
Fat	15.80g
SaturatedFat	6.54g
Trans Fat	0.00g
Cholesterol	141.82mg
Sodium	609.83mg
Carbohydrates	25.11g
Fiber	1.00g
Sugar	6.10g
Protein	15.55g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 241.97mg	Iron 1.83mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

NSBW 24 DONUT BAR

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45976

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN	1 Each		556582
GLAZE DONUT HNY DIPT	1 Tablespoon		613789
SPRINKLES RAINBOW DECOR	1 Teaspoon		421620
SPICE CINN-MAPL SPRINKLE	0 Teaspoon		565911
CEREAL TRIX R/S WGRAIN BWL	0 Package	READY_TO_EAT Ready to Eat	265782
CEREAL FROOT LOOPS R/S BWL	0 Each		283620

Preparation Instructions

Thaw and warm up the Donut to a temperature of 180 degrees F for best results.

Stir glaze and portion up an amount of the glaze in a separate bowl. Dip one side of the donut in the glaze and apply desired topping.

Apply one of these toppings: sprinkles, Cinnamon maple sprinkle, Trix cereal or Froot loop cereal.

Made to order or a variety of choices.

One each per serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	362.30		
Fat	16.60g		
SaturatedFat	7.80g		
Trans Fat	0.12g		
Cholesterol	0.00mg		
Sodium	305.60mg		
Carbohydrates	49.00g		
Fiber	2.50g		
Sugar	23.50g		
Protein	4.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.88mg	Iron	1.45mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

NSBW 24 DONUT HOLES

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-45977

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE WGRAIN .41Z	1 1/8 Each		839520
SPICE CINN-MAPL SPRINKLE	1/2 Teaspoon		565911

Preparation Instructions

Thaw donut holes at room temperature.

Place in warmer until warm to touch, roll donut holes in cinnamon maple seasoning.

Place 4 donut holes in wax paper bag for each serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	62.13
Fat	3.01g
SaturatedFat	1.32g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	60.27mg
Carbohydrates	7.65g
Fiber	0.38g
Sugar	3.13g
Protein	0.75g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 3.14mg **Iron** 0.29mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-45988

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to eat. 1. Tear at notch 2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
Blueberries	2 Ounce		
STRAWBERRIES SLCD IQF 6-5 COMM	1/4 Cup	THAW	105302
CEREAL CINN TOAST R/S BWL	1 Each	READY_TO_EAT Ready To Eat	365790

Preparation Instructions

Put 4oz of yogurt in cup.

Add 2oz of strawberries and 2oz of blueberries for a total of 4oz of fruit.

Use insert cup to fill with contents of 1 bowl of Cinnamon Toast Crunch or 2oz of Granola

Close lid and serve.

Food Component Eq. 1m/ma, 1grain, 3/4 cup

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.750
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	241.69
Fat	3.25g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	220.20mg
Carbohydrates	52.63g
Fiber	6.00g
Sugar	26.17g
Protein	4.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 194.33mg	Iron 1.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-45998
School:	Riverside Junior High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to eat. 1. Tear at notch 2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
Blueberries	2 Ounce		
STRAWBERRIES SLCD IQF 6-5 COMM	1/4 Cup	THAW	105302
CEREAL CINN TOAST R/S BWL	1 Each	READY_TO_EAT Ready To Eat	365790

Preparation Instructions

Put 4oz of yogurt in cup.

Add 2oz of strawberries and 2oz of blueberries for a total of 4oz of fruit.

Use insert cup to fill with contents of 1 bowl of Cinnamon Toast Crunch or 2oz of Granola

Close lid and serve.

Food Component Eq. 1m/ma, 1grain, 3/4 cup

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.750
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	241.69
Fat	3.25g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	220.20mg
Carbohydrates	52.63g
Fiber	6.00g
Sugar	26.17g
Protein	4.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 194.33mg	Iron 1.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-46000
School:	Riverside Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to eat. 1. Tear at notch 2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
Blueberries	2 Ounce		
STRAWBERRIES SLCD IQF 6-5 COMM	1/4 Cup	THAW	105302
CEREAL CINN TOAST R/S BWL	1 Each	READY_TO_EAT Ready To Eat	365790

Preparation Instructions

Put 4oz of yogurt in cup.

Add 2oz of strawberries and 2oz of blueberries for a total of 4oz of fruit.

Use insert cup to fill with contents of 1 bowl of Cinnamon Toast Crunch or 2oz of Granola

Close lid and serve.

Food Component Eq. 1m/ma, 1grain, 3/4 cup

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.750
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	241.69
Fat	3.25g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	220.20mg
Carbohydrates	52.63g
Fiber	6.00g
Sugar	26.17g
Protein	4.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 194.33mg	Iron 1.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Boulder Valley Refried Beans

Servings:	25.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46019

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO	6 1/2 Pound		261475
SALT SEA	2 Teaspoon		748590
SPICE CUMIN GRND	1 1/4 Teaspoon		273945

Preparation Instructions

Drain liquid from canned beans but reserve 1.5 cups.

Combine beans and bean liquid with cumin and salt.

Process with mixer, immersion blender, or whisk until beans are broken apart and have a pasty consistency.

Portion into 2" hotel pans. Cover with parchment and foil.

Heat covered beans at 350 degrees F. until internal temp is 165 degrees F. Stir halfway through process to assure even heating.

Hold hot according to HACCP.

Serve 4oz.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	124.80		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	321.60mg		
Carbohydrates	21.84g		
Fiber	5.20g		
Sugar	1.04g		
Protein	7.28g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.68mg	Iron	2.16mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Pinto Beans with Salsa

Servings:	54.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46038

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO	20 Pound 10 Ounce (330 Ounce)		261475
SALSA 103Z	3/5 #10 CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841
SAUCE WORCESTERSHIRE	1/7 Cup		109843
SPICE ONION GRANULATED	1/7 Cup		138300
SPICE PEPR BLK REG FINE GRIND	2 2/5 Teaspoon		225037
SPICE GARLIC POWDER	2 2/5 Teaspoon		224839
SPICE CHILI POWDER MILD	1/7 Cup		331473
SALT SEA	2 2/5 Teaspoon		748590

Preparation Instructions

Pre-heat oven to 350 degrees F.

Open all the cans of beans and drain them, reserving 3 cups of liquid from the beans.

Mix beans, reserved liquid, and seasonings together then add the prepared salsa.

Blend well and pour into 2 4" full size steam table pans.

Cover pans with foil.

Bake in the oven at 350 degrees F. for 1 hour, removing the foil during the last 20 minutes of cooking time to brown the beans a little.

Serve 3/4 cup for 1/2 cup equivalent of Vegetable, beans/legumes serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	182.58		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	403.45mg		
Carbohydrates	32.77g		
Fiber	7.13g		
Sugar	2.19g		
Protein	9.98g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.90mg	Iron	3.62mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46104
School:	Brooks School Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGETARIAN 6-10 COMM	1 Gallon 2 Quart (24 Cup)		120530
Water	1 Pint	READY_TO_DRINK	Water
BROTH CHIX	1 Cup		264865
SPICE OREGANO LEAF	1 1tsp (.8g)		513733
SPICE CHILI POWDER MILD	1 Fluid Ounce		195164
SPICE CUMIN GRND	1 1/2 Tablespoon		273945
CILANTRO CLEANED	2 Ounce		219550
SPICE GARLIC POWDER	3 Teaspoon		224839
SEASONING ANCHO CHILI	1 Fluid Ounce		748570
SPICE PAPRIKA SPANISH	1 1/2 Teaspoon		225002
SPICE ONION POWDER	1 1/2 Teaspoon		126993
OIL CANOLA	1/4 Cup		330252

Preparation Instructions

Pour beans into a food processor.

Pour water, chicken broth, oregano, ancho chili powder, cumin, cilantro, garlic, chili powder, paprika, onion powder, and oil slowly into processor while beans are pureeing on medium speed for 1-2 minutes, until mixture has a smooth consistency.

DO NOT OVERMIX

Transfer 2 quarts 2 cups (about 5 pounds 1ounce) to a steam table pan (12" x 20" x 2.5").

For 25 servings, use 1 pan. for 50 servings, use 2 pans.

Bake:

Convection oven: 300 F. for 20 minutes.

Once refried beans mixture is removed from oven, sprinkle 1 3/4 cups (about 7 ounces) cheese over each pan.

Portion 2/3 cup for .5 cup legume vegetable.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.480
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	163.82
Fat	2.10g
SaturatedFat	0.08g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	209.00mg
Carbohydrates	27.98g
Fiber	4.80g
Sugar	6.74g
Protein	4.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.18mg	Iron 0.14mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Refried Beans

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46105

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN VEGETARIAN 6-10 COMM	1 Gallon 2 Quart (24 Cup)		120530
Water	1 Pint	READY_TO_DRINK	Water
BROTH CHIX	1 Cup		264865
SPICE OREGANO LEAF	1 1tsp (.8g)		513733
SPICE CHILI POWDER MILD	1 Fluid Ounce		195164
SPICE CUMIN GRND	1 1/2 Tablespoon		273945
CILANTRO CLEANED	2 Ounce		219550
SPICE GARLIC POWDER	3 Teaspoon		224839
SEASONING ANCHO CHILI	1 Fluid Ounce		748570
SPICE PAPRIKA SPANISH	1 1/2 Teaspoon		225002
SPICE ONION POWDER	1 1/2 Teaspoon		126993
OIL CANOLA	1/4 Cup		330252

Preparation Instructions

Pour beans into a food processor.

Pour water, chicken broth, oregano, ancho chili powder, cumin, cilantro, garlic, chili powder, paprika, onion powder, and oil slowly into processor while beans are pureeing on medium speed for 1-2 minutes, until mixture has a smooth consistency.

DO NOT OVERMIX

Transfer 2 quarts 2 cups (about 5 pounds 1ounce) to a steam table pan (12" x 20" x 2.5").

For 25 servings, use 1 pan. for 50 servings, use 2 pans.

Bake:

Convection oven: 300 F. for 20 minutes.

Once refried beans mixture is removed from oven, sprinkle 1 3/4 cups (about 7 ounces) cheese over each pan.

Portion 2/3 cup for .5 cup legume vegetable.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.480
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	163.82		
Fat	2.10g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	209.00mg		
Carbohydrates	27.98g		
Fiber	4.80g		
Sugar	6.74g		
Protein	4.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.18mg	Iron	0.14mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Three Bean Salad

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46111

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL BLND CANOLA/XVGRN 80/20	4/13 Cup		645182
VINEGAR WINE RED 5	1 1/2 Cup		644481
SUGAR CANE GRANUL	3 Ounce		108642
SALT SEA	2 Teaspoon		748590
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
SPICE GARLIC POWDER	1 Teaspoon		224839
BEAN KIDNEY RED LT	1 1/8 Pound		118788
BEAN WAX CUT 4SV	14 Ounce		118834
BEAN GRN	2 1/4 Pound		110730
TOMATO 6X7 MED	5 Pound		315133
ONION RED JUMBO	8 Ounce		198722
PEPPERS JALAP	4 Ounce		257852
CILANTRO CLEANED	2 Ounce		219550

Preparation Instructions

- Combine olive oil, vinegar,, sugar, salt, pepper, and garlic powder in a small box. Stir well. Set aside for step 4.
 - Rince kidney beans in cold water. Drain well.
 - Combine kidney beans, wax beans, green beans, tomatoes, onions, and jalapenos in a large bowl. Toss lightly. Set aside for step 4.
 - Pour 1 cup 1 tablespoon (about 10 oz) dressing over 2 quart 2 2/3 cups (about 5 pounds 3 ounces) vegetable mixture. Stir well.
 - Transfer 3 quarts (about 5 pounds 13 ounces) three beans salad to a steam table pan (12" x 20" x 2.5").
 - Sprinkle cilantro over each pan.
- Portion 1/2 cup each serving.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.115
Legumes	0.023
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	45.12		
Fat	1.43g		
SaturatedFat	0.11g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	186.84mg		
Carbohydrates	6.53g		
Fiber	2.01g		
Sugar	2.64g		
Protein	1.22g		
Vitamin A	150.07IU	Vitamin C	2.84mg
Calcium	22.68mg	Iron	0.46mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Greek Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46136

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD 3Z	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
CHEESE FETA DRY PKG	1 Ounce		171832
OLIVE RIPE SLCD	1 Fluid Ounce	READY_TO_EAT Roland Sliced Ripe Olives are ready to use. They can be baked or sautéed. Very popular as salad bar, sandwich and pizza topping ingredient. Versatile topping in Mexican cuisine.	716403
ONION RED JUMBO	1 Ounce		198722
TOMATO GRAPE SWT	1/4 Cup		129631
PEPPERS RED	1/4 Cup		597082
LETTUCE ROMAINE CHOP	1 Pint		735787

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.500
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.250
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	258.90
Fat	8.15g
SaturatedFat	3.53g
Trans Fat	0.00g
Cholesterol	75.00mg
Sodium	784.05mg
Carbohydrates	15.25g
Fiber	3.45g
Sugar	6.75g
Protein	31.00g
Vitamin A 1575.36IU	Vitamin C 66.41mg
Calcium 171.08mg	Iron 2.56mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken Cheesy Caribbean with Rice & Beans

Servings:	35.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46159

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	2 Pound 3 Ounce (35 Ounce)	UNSPECIFIED Not currently available	570533
SEASONING JAMAICAN JERK	1 Tablespoon 1 Teaspoon (4 Teaspoon)		655244
PINEAPPLE TIDBITS IN JCE	2 Pound	Chopped into small pieces	189979
SAUCE CHS WHT CRMY ULTIM 6-106Z LOL	1 Quart 1 Pint 3/5 Cup (6 3/5 Cup)	HEAT_AND_SERVE	310742
CORN CUT IQF	1 Pound	BAKE	285620
PEPPERS GREEN LRG	1 Pound		592315
PEPPERS RED	1 Pound		597082
MANGO CUBES 3/8IN IQF	1 Pound	READY_TO_EAT Ready to Eat, Thaw	252621
CILANTRO CLEANED	1 Cup		219550
RICE BRN PARBL WGRAIN	3 1/8 Pound	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
Commodity Vegetarian Beans	10 Pound 11 Ounce (171 Ounce)	STEAM HEAT SLOWLY AT A LOW TO MEDIUM TEMPERATURE IN A STEAM-JACKETED KETTLE OR A STEAMER TO AN INTERNAL TEMPERATURE OF 135 *F.STIR OCCASIONALLY TO DISTRIBUTE HEATED BEANS. DO NOT OVERHEAT BECAUSE BEANS CAN BURN AND DRY OUT QUICKLY. HEAT WITHOUT ADDED SALT AND SERVE ALONE OR USE AS DIRECTED IN RECIPES.	120530
SALT SEA	3/8 Teaspoon		748590

Description	Measurement	Prep Instructions	DistPart #
SPICE PEPR BLK REG FINE GRIND	1/4 Teaspoon		225037

Preparation Instructions

Chicken & Cheese:

1. Place diced chicken, jerk seasoning, HALF the chopped pineapple tidbits with the juice, and cheese sauce in a pan.
2. Heat in combi oven on full steam until sauce reaches 165 degrees.
3. Remove from steamer and place in hot holding.

Rice and Beans:

1. Thaw corn and mangos in cooler overnight using a perforated pan to drain excess liquid.
2. Drain the pineapple overnight in cooler using a perforated pan to drain excess liquid.
3. Mix corn, pineapple, diced green and red peppers and mango.
4. Spread evenly on a parchment lined baking sheet.
5. Spray with pan spray and season with salt & pepper.
6. Cover the tray TIGHTLY with foil and slow roast for 50 minutes at 350 degrees F.
7. Prepare the rice following the manufactures instruction on packaging and adding 2tbs of the Jerk seasoning.
8. Heat beans in the combi until they reach 165 degrees F. Place in hot holding.
9. Gently fold the roasted mixture, beans and chopped cilantro into the rice.

In serving bowl dish up 3/4 cup rice and bean mixture topped with 4oz chicken mixture and garnish with cilantro.

Meal Components (SLE)

Amount Per Serving

Meat	2.342
Grain	2.555
Fruit	0.911
GreenVeg	0.000
RedVeg	0.229
OtherVeg	0.116
Legumes	0.611
Starch	0.018

Nutrition Facts

Servings Per Recipe: 35.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	675.01
Fat	10.30g
SaturatedFat	3.90g
Trans Fat	0.00g
Cholesterol	33.42mg
Sodium	488.95mg
Carbohydrates	118.79g
Fiber	9.82g
Sugar	37.94g
Protein	22.44g
Vitamin A 962.25IU	Vitamin C 63.59mg
Calcium 161.70mg	Iron 2.21mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Pork Riblet Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46289

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB PTY CKD BBQ W/SCE 2.8Z	1 Each	BAKE 1. Do not thaw. 2. Lay out patties on an oven sheet pan in a single layer. 3. Heat in a conventional oven preheated @ 350 degrees F for 12-14 minutes OR heat in a convection oven preheated @350 degrees F for 10-12 minutes.	661921
SAUCE BBQ	1 Tablespoon	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	655937
5" Whole Grain Rich Hoagie Bun	1 bun		3737

Preparation Instructions

Pork Riblet:

BAKE

1. Do not thaw. 2. Lay out patties on an oven sheet pan in a single layer. 3. Heat in a conventional oven preheated @ 350 degrees F for 12-14 minutes OR heat in a convection oven preheated @350 degrees F for 10-12 minutes.

Assemble one pork riblet on Hoagie Bun with a thin layer of BBQ sauce spread on patty.

Serve one each.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	365.00
Fat	11.50g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	805.00mg
Carbohydrates	43.00g
Fiber	1.00g
Sugar	17.50g
Protein	20.00g
Vitamin A 100.00IU	Vitamin C 1.20mg
Calcium 0.00mg	Iron 1.08mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Parmesan Roasted Asparagus

Servings:	50.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46319

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ASPARAGUS PENCIL	16 Pound		184290
OIL BLND CANOLA/XVGRN 80/20	1 Fluid Ounce 4/5 Tablespoon (2 4/5 Tablespoon)		645182
SALT SEA	1 Fluid Ounce		748590
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
CHEESE PARM GRTD	1 0.03 Quart		445401

Preparation Instructions

Wash asparagus and trim the bottom off about 1inch.
Toss asparagus with olive oil, salt, pepper and cheese.
Place in an even spread-out layer on a parchment-lined sheet pan.
Roast for 15-20 minutes or until asparagus is tender.
Hold warm until service.
Serve 1/2 cup.
Piazza order #05201-Green
Piazza order #01658-White
May also use white asparagus GFS #221550

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	96.95
Fat	4.26g
SaturatedFat	2.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	424.76mg
Carbohydrates	10.24g
Fiber	4.61g
Sugar	2.56g
Protein	9.59g
Vitamin A 2317.82IU	Vitamin C 17.74mg
Calcium 147.89mg	Iron 2.10mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

DOMINO'S Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46331

Ingredients

Description	Measurement	Prep Instructions	DistPart #
14" Hand Tossed (18.2oz) Cheese Pizza-8 Cut	1 Slice		12506

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	340.00
Fat	14.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	760.00mg
Carbohydrates	35.00g
Fiber	1.00g
Sugar	3.00g
Protein	15.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 355.00mg **Iron** 2.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

DOMINO'S Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46333

Ingredients

Description	Measurement	Prep Instructions	DistPart #
14" Hand Tossed (18.2oz) RF/RS Pepperoni Pizza-8 Cut	1 Slice		12529

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Slice

Amount Per Serving

Calories	350.00
Fat	15.00g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	760.00mg
Carbohydrates	35.00g
Fiber	1.00g
Sugar	3.00g
Protein	16.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 320.00mg **Iron** 2.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Apples

Servings:	100.00	Category:	Fruit
Serving Size:	0.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46387

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD 6-10 COMM	3 Gallon 1 Quart 1 Cup (53 Cup)		120500
SPICE CINNAMON GRND	1 1/2 Tablespoon		224723
SUGAR BROWN LT	1 Gallon 3 Quart 1 Pint (30 Cup)		860311
JUICE LEMON	1 Teaspoon		864061
Water	1	READY_TO_DRINK	Water

Preparation Instructions

Drain apples and retain the juice.

Add enough water to the juice to measure a total of 4 1/2 cups liquid. Set aside.

Place apples into each of 3 steamtable pans.

Sprinkle 1.5 cup sugar, 1 1/2 tsp cinnamon and 1/4 cup lemon juice over apples in each pan. Stir to combine.

Pour 1 1/2 cups liquid over apples in each pan.

Bake in convection oven at 350 degrees F for 25-35 minutes or until browned and bubbly.

Serve 1/2 cup, #6 scoop.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00 Serving

Amount Per Serving

Calories	89.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.60mg		
Carbohydrates	22.32g		
Fiber	1.06g		
Sugar	19.14g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Apple Crisp

Servings:	100.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46401

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD 6-10 COMM	3 Gallon 1 Quart 1 Cup (53 Cup)		120500
SPICE CINNAMON GRND	3 Fluid Ounce		224723
SPICE NUTMEG GRND	2 Fluid Ounce 1/2 Tablespoon (4 1/2 Tablespoon)		224944
SUGAR BROWN LT	4 Gallon 2 Quart 1 Pint 1 Cup (75 Cup)		860311
JUICE LEMON	6 Fluid Ounce		864061
Water	1	READY_TO_DRINK	Water
MARGARINE SLD	2 Pound	READY_TO_EAT This ready-to-use margarine simplifies back-of-house prep and goes best with cooking, grilling, baking and topping popcorn.	733061
FLOUR HR A/P	1 Gallon 2 Quart 1 Cup (25 Cup)		227528
OATS HEARTY KETTLE HOT	1 Gallon 2 Quart 1 Pint 1 Cup (27 Cup)		467278

Preparation Instructions

Set aside 4.5 cup brown sugar, 4 1/2 tsp cinnamon and 3/4 cup lemon juice.

Combine flour, rolled oats, remaining brown sugar & remaining cinnamon, nutmeg, and butter, just until mixed and crumbly, not creamed. Set aside.

Drain apples and retain the juice.

Add enough water to the juice to measure a total of 4 1/2 cups liquid. Set aside.

Place 1 gallon and 2 cups apples into each of 3 steamtable pans.

Sprinkle 1.5 cup sugar, 1 1/2 tsp cinnamon and 1/4 cup lemon juice over apples in each pan. Stir to combine.

Pour 1 1/2 cups liquid over apples in each pan.

Sprinkle approximately 2 1/2 quarts topping evenly over apples in each pan.

Bake in convection oven at 350 degrees F for 25-35 minutes or until topping is browned and crisp.

Serve 1/2 cup, #6 scoop.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.250
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	391.50		
Fat	8.59g		
SaturatedFat	3.15g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	81.00mg		
Carbohydrates	73.30g		
Fiber	4.02g		
Sugar	33.54g		
Protein	6.20g		
Vitamin A	480.00IU	Vitamin C	0.00mg
Calcium	4.50mg	Iron	2.18mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Greek Seasoning Blend

Servings:	8.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46931

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE OREGANO GRND	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		513725
SPICE BASIL GRND	1 Fluid Ounce		513636
SPICE DILL WEED	1 Tablespoon		513938
SPICE ONION POWDER	1 Fluid Ounce		126993
SPICE GARLIC POWDER	1 Fluid Ounce		224839
SPICE PEPR BLK REG FINE GRIND	1 Tablespoon		225037

Preparation Instructions

Mix all ingredients together and store in airtight jar or container for up to a year. Recipe makes 1/2 cup.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	3.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Jambalaya with Shrimp

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46935

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY TKY CKD 1Z	1 Pint 1 Cup (3 Cup)	Chopped finely.	184970
SAUSAGE TKY LNK BKFST CKD	0 Each	Chopped finely.	352740
CHIX DCD 1/2IN WHT MRNTD CKD	1 Quart		578800
CHIX DCD 1IN 60WHT 40DK	0 Ounce		290599
SHRIMP CKD PD T-OFF 71-90	1 Quart		278100
TOMATO DCD I/JCE	2 #10 CAN		246131
TOMATO DCD PETITE	0 Cup	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	498871
SAUCE TOMATO	2 1/2 Quart	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	306347
BROTH CHIX	1 #10 CAN 2/11 #5 CAN (2 #5 CAN)		264865
PEPPERS & ONIO RSTD BLND 6-2.5	3 Quart		266751
SEASONING CAJUN	1/2 Cup		410860
ONION GREEN	1 Pint 1 Cup (3 Cup)		596981

Description	Measurement	Prep Instructions	DistPart #
RICE BROWN WGRAIN	6 1/2 Pound		231059

Preparation Instructions

Finely chop chicken and sausage into small pieces.

Place 3 1/4 pounds of rice into each 4" deep full-sized steamtable pan. Use 2 pans for 50 servings.

Toss rice with seasoning.

Add peppers and onions, diced tomatoes, tomato sauce, chicken stock, chicken, cooked sausage and cooked shrimp.

Cover pans tightly. Use foil and pan lids.

Cook in convection oven at 350 degrees F. for approximately 90 minutes.

To serve:

Serve two 8oz (1cup) scoops or dishers (level, and not packed) to serve two cups per serving.

2 cup portion provides 2 oz eq. whole grain, 2.25 oz eq. meat/meat alternate, .75 cup vegetable.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	264.61		
Fat	2.84g		
SaturatedFat	0.28g		
Trans Fat	0.00g		
Cholesterol	35.22mg		
Sodium	854.75mg		
Carbohydrates	45.39g		
Fiber	2.07g		
Sugar	5.26g		
Protein	14.71g		
Vitamin A	3.85IU	Vitamin C	0.04mg
Calcium	20.90mg	Iron	1.55mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Pasta & Meatballs

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47016

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE SPAGHETTI FCY	4 Ounce	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
PASTA ROTINI 51 WGRAIN	2 Ounce		229951
MEATBALL CKD .65Z 6-5 COMM	4 Each	BAKE KEEP FROZENCONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F.STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860

Preparation Instructions

Cook pasta as directed on packaging. Heat meatballs and sauce together until reaching temperature of 165 degrees or more. Serve 1 cup pasta with four each meatballs in sauce.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	390.67
Fat	10.00g
SaturatedFat	3.50g
Trans Fat	0.60g
Cholesterol	36.00mg
Sodium	662.67mg
Carbohydrates	57.00g
Fiber	8.33g
Sugar	11.67g
Protein	22.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 92.33mg	Iron 3.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Jambalaya

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47059

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY TKY CKD 1Z	1 Pint 1 Cup (3 Cup)	Chopped finely.	184970
SAUSAGE TKY LNK BKFST CKD	0 Each	Chopped finely.	352740
CHIX DCD 1/2IN WHT MRNTD CKD	2 Quart		578800
CHIX DCD 1IN 60WHT 40DK	0 Ounce		290599
TOMATO DCD I/JCE	2 #10 CAN		246131
TOMATO DCD PETITE	0 Cup	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	498871
SAUCE TOMATO	2 1/2 Quart	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	306347
BROTH CHIX	1 #10 CAN 2/11 #5 CAN (2 #5 CAN)		264865
PEPPERS & ONIO RSTD BLND 6-2.5	3 Quart		266751
SEASONING CAJUN	1/2 Cup		410860
ONION GREEN	1 Pint 1 Cup (3 Cup)		596981

Description	Measurement	Prep Instructions	DistPart #
RICE BROWN WGRAIN	1 Quart 1 Pint 1/2 Cup (6 1/2 Cup)		231059

Preparation Instructions

Finely chop chicken and sausage into small pieces.

Place 3 1/4 pounds of rice into each 4" deep full-sized steamtable pan. Use 2 pans for 50 servings.

Toss rice with seasoning.

Add peppers and onions, diced tomatoes, tomato sauce, chicken stock, chicken and cooked sausage.

Cover pans tightly. Use foil and pan lids.

Cook in convection oven at 350 degrees F. for approximately 90 minutes.

To serve:

Serve two 8oz (1cup) scoops or dishers (level, and not packed) to serve two cups per serving.

2 cup portion provides 2oz eq. whole grain, 2 oz eq. meat/meat alternate, 1/2 cup vegetable.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.750
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	230.35
Fat	2.87g
SaturatedFat	0.49g
Trans Fat	0.00g
Cholesterol	61.84mg
Sodium	1027.37mg
Carbohydrates	28.11g
Fiber	1.55g
Sugar	5.26g
Protein	20.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 21.54mg	Iron 1.38mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Big Daddy Bacon Cheeseburger Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47452

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN PRIMO 16IN	8 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 3. Place pizza and foil on middle oven rack. 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	575522
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
BEEF CRUMBLES 8-5	5 Ounce	BAKE Conventional oven frozen product preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20 40 minutes.	581950
BACON TKY CKD	2 Ounce		834770
PICKLE DILL SLCD HAMB	12 Slice		149195

Preparation Instructions

On frozen cheese pizza, layer the cheddar cheese, beef crumbles and bacon crumbles.

Store in freezer until ready to cook.

Cook pizza with toppings in convection oven for 10-12 minutes, reaching an internal temperature of 165 F or more and cheese is bubbly and slightly browning on top.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	447.50
Fat	22.00g
SaturatedFat	9.75g
Trans Fat	0.00g
Cholesterol	58.75mg
Sodium	946.25mg
Carbohydrates	35.50g
Fiber	3.00g
Sugar	9.00g
Protein	28.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 503.25mg	Iron 2.64mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Big Daddy Bacon Cheeseburger Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47454

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN PRIMO 16IN	8 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 3. Place pizza and foil on middle oven rack. 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	575522
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
BEEF CRUMBLES 8-5	5 Ounce	BAKE Conventional oven frozen product preheat oven to 350 degrees f. Place product in entree or covered dish and heat for 20 40 minutes.	581950
BACON TKY CKD	2 Ounce		834770

Preparation Instructions

On frozen cheese pizza, layer the cheddar cheese, beef crumbles and bacon crumbles.

Store in freezer until ready to cook.

Cook pizza with toppings in convection oven for 10-12 minutes, reaching an internal temperature of 165 F or more and cheese is bubbly and slightly browning on top.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	447.50
Fat	22.00g
SaturatedFat	9.75g
Trans Fat	0.00g
Cholesterol	58.75mg
Sodium	800.00mg
Carbohydrates	35.50g
Fiber	3.00g
Sugar	9.00g
Protein	28.25g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 495.75mg	Iron 2.64mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

GLOBAL MEAL Sweet Thai Chili Ramen Bowl

Servings:	50.00	Category:	Entree
Serving Size:	2.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47638

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ramen noodle	6 Pound 12 Ounce (108 Ounce)	1 woodle cake is 3 oz	481514
SAUCE CHILI SWEET THAI	1 Quart 1 Pint 1/4 Cup (6 1/4 Cup)	READY_TO_EAT Best used at room temperature.	212176
EDAMAME SHELLLED	2 1/2 Pound		312928
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	13 3/4 Pound	UNSPECIFIED Not currently available	570533
Carrot Matchstick 5#	1 1/4 Pound		
PEPPERS RED 11# P/L	1 3/4 Pound		188583
BROCCOLI FLORET BITE SZ 4-3# RSS	1 Pound		966401

Preparation Instructions

PIAZZA NUMBERS:

Carrot Matchsticks 02063

6ct Red Peppers 00772

6/3# Broccoli Floret 09107

3# Broccoli Floret 09126

Directions:

Slice red peppers into thin strips.

Cut broccoli into small bite size pieces.

Combine and lightly steam peppers, edamame, carrots and broccoli, about 4-5 minutes reaching a minimum temperature of 145 F, until tender. Keep warm.

Use two full size, 4" hotel pans, place a perforated pan inside each.

Place half the amount of Woodles in each pan. Pour over boiling water until fully covered and let stand with lid on for 5 minutes or until it begins to soften.

Lift perforated pan out of the hot water and pour Woodles into two full size, 4" hotel pans, add half of the Chili sauce and gently mix. Keep warm.

Toss chicken pieces in remaining Chili sauce until covered and spread, single layer, on lined baking sheet. Bake in convection oven at 350 degrees F for about 13 minutes or chicken reaches a temperature of at least 165 F. The sauce on the chicken should be lightly caramelized.

Mix chicken and steamed vegetables with Woodles, half in each pan. Gently mix.

Tip: add a small amount of water to the pan to keep it from drying out. Be careful to not stir or agitate the mix too much or the Woodles will break apart.

Serve 2 cups per serving.

SERVING SUGGESTION:

Two- leveled 8oz Spoodles per serving.

Use GFS #241776 bowl (12oz) to serve in.

Meal Components (SLE)

Amount Per Serving

Meat	4.333
Grain	2.160
Fruit	0.000
GreenVeg	0.000
RedVeg	0.050
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 2.00 Cup

Amount Per Serving

Calories	540.68		
Fat	19.33g		
SaturatedFat	3.28g		
Trans Fat	0.00g		
Cholesterol	80.67mg		
Sodium	775.43mg		
Carbohydrates	41.05g		
Fiber	5.85g		
Sugar	13.73g		
Protein	35.85g		
Vitamin A	23.15IU	Vitamin C	0.16mg
Calcium	18.53mg	Iron	3.76mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Fruit Salsa

Servings:	50.00	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-47664

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RED JUMBO	1 Pint 1/2 Cup (2 1/2 Cup)		198722
PEPPERS RED	2 1/2 Pound		597082
PEPPERS JALAP	5 Ounce		257852
JUICE LIME	1 1/4 Cup		199028
CILANTRO CLEANED	1 1/4 Cup		219550
PINEAPPLE TIDBITS IN JCE	1 Gallon 1 Quart (20 Cup)		189979
STRAWBERRY WHL IQF	8 Ounce		244630

Preparation Instructions

PIAZZA NUMBERS:

Strawberries 08082

Red Onion 00049

Red Pepper 00772

Cilantro 00781

Lime juice 81014

Finely chop red onion, red peppers, jalapeno.

Dice drained pineapple tidbits into smaller pieces.

Cut the strawberries into small pieces.

Chop cilantro.

Gently mix all ingredients together.

Cover and refrigerate 2 hours to allow flavors to blend.

Serve 4 oz portions to provide a 1/2 cup fruit serving.

Serve R-47685 Churro Chips 4/8 pc ea. (1/2 tortilla) with fruit salsa.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	53.90
Fat	0.02g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.38mg
Carbohydrates	13.44g
Fiber	0.86g
Sugar	10.98g
Protein	0.17g
Vitamin A 400.03IU	Vitamin C 23.45mg
Calcium 7.64mg	Iron 0.33mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	47.53
Fat	0.02g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.34mg
Carbohydrates	11.85g
Fiber	0.76g
Sugar	9.68g
Protein	0.15g
Vitamin A 352.76IU	Vitamin C 20.68mg
Calcium 6.74mg	Iron 0.29mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Churro Chips

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47685

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE CINN-MAPL SPRINKLE	1 Teaspoon		565911
PAN COAT SPRAY BUTTERY	1/2 Gram		555752
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610

Preparation Instructions

Place tortilla on a lined baking sheet.

Spray with buttery spray and sprinkle 1/2 tsp spice on both sides of the tortilla.

Cut into 8 pieces with a pizza cutter.

Bake at 325 F for 12 minutes.

Serve 8 pc ea.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	188.80		
Fat	4.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	147.00mg		
Carbohydrates	34.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.00mg	Iron	2.04mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Breaded Fish Sticks & Mac & Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47871

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POLLOCK BRD STIX WGRAIN MSC 1Z	4 Each	<p>BAKE</p> <p>COOKING INSTRUCTIONS FROM FROZEN:</p> <p>TO BAKE: Place frozen sticks on a lightly oiled sheet pan.</p> <p>CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes.</p> <p>CONVENTIONAL OVEN: Preheat oven to 425°F and bake for 14-16 minutes.</p> <p>NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.</p>	547102
ENTREE MACAR & CHS STRAT NOODL 6-5	3 Ounce	<p>BAKE</p> <p>Pre-heat oven to 390 degrees F. Remove desired product from case and place on paper-lined sheet pan. Leave 1 /u2013 1.5/u201D between products. Return case to freezer. Do not thaw. Bake for 18 /u2013 20 minutes until golden brown. Remove from oven. Let cool for 15 minutes. Decorate with icing.</p> <p>BOIL</p> <p>KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.</p>	561302

Preparation Instructions

FISH STICKS:

COOKING INSTRUCTIONS FROM FROZEN:

TO BAKE: Place frozen sticks on a lightly oiled sheet pan.

CONVECTION OVEN: Preheat oven to 375°F and bake for 9-11 minutes.

NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

MACARONI & CHEESE:

BOIL

KEEP FROZEN

Place sealed bag in a steamer or in boiling water.

Heat Approximately 45 minutes or until product reaches serving temperature. 165 degrees F. or more.

CAUTION: Open bag carefully to avoid being burned.

Serve 4 fish sticks and 3 oz of macaroni & cheese per serving.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	364.95
Fat	15.95g
SaturatedFat	6.10g
Trans Fat	0.02g
Cholesterol	58.00mg
Sodium	719.35mg
Carbohydrates	34.50g
Fiber	2.00g
Sugar	3.00g
Protein	19.55g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 180.00mg	Iron 2.04mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Asian Sesame Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-47908

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 Ounce	UNSPECIFIED Not currently available	570533
SPINACH LEAF FLAT CLND	2 Ounce		329401
LETTUCE SHRD TACO 1/8CUT	2 Ounce		242489
ONION GREEN	1 Tablespoon		596981
ORANGES MAND WHL L/S	1 Ounce		117897
TORTILLA WHL WHE 12IN	1 Each		838641
DRESSING FREN FF	1 Tablespoon	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	188883

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.500
Fruit	0.130
GreenVeg	1.250
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	514.96
Fat	14.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	820.69mg
Carbohydrates	67.03g
Fiber	9.24g
Sugar	16.71g
Protein	28.04g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 219.81mg	Iron 5.64mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Garden Wrap

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-47909

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SHRD TACO 1/8CUT	4 Ounce		242489
EDAMAME SHELLLED	2 Ounce		312928
PEPPERS COLORED MIXED ASST	1/4 Cup		491012
TOMATO GRAPE SWT	1 Ounce		129631
CUCUMBER SELECT	1 Ounce		418439
CARROT MATCHSTICK SHRED	1 Ounce		198161
TORTILLA WHL WHE 12IN	1 Each		838641
CHEESE MOZZ SHRD	1/4 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.970
Grain	3.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.347
OtherVeg	0.612
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00 Each

Amount Per Serving

Calories	471.61
Fat	16.88g
SaturatedFat	7.51g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	679.25mg
Carbohydrates	60.94g
Fiber	9.96g
Sugar	10.31g
Protein	18.72g
Vitamin A 5963.52IU	Vitamin C 63.51mg
Calcium 374.39mg	Iron 3.25mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Cheese Calzone

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47949

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE 3CHS WGRAIN	1 Each		658591

Preparation Instructions

Spray with Pam before baking for a softer crust.

Bake at 350 degrees F for 10-12 minutes or until product reaches an internal temperature of 165 degrees F.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	250.00
Fat	5.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	430.00mg
Carbohydrates	33.00g
Fiber	4.00g
Sugar	4.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 410.00mg	Iron 2.70mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

JOE FRITOS SAMMY

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47950

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SLOPPY JOE REDUCED FAT 6-5 COMM	4 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	564790
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474
CHIP CORN FUN SZ	1 Package	READY_TO_EAT Use Code date on bag to rotate product so that the oldest product is consumed first. Place in box lunch or on tray unopened	158763

Preparation Instructions

Place sealed bag in a steamer or in boiling water.

Heat Approximately 45 minutes or until product reaches serving temperature.

CAUTION: Open bag carefully to avoid being burned.

Scoop 4 oz of Sloppy Joe meat onto bun and serve together with one bag of Fritos corn chips.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	419.89		
Fat	16.39g		
SaturatedFat	3.42g		
Trans Fat	0.00g		
Cholesterol	48.48mg		
Sodium	1086.97mg		
Carbohydrates	48.02g		
Fiber	3.88g		
Sugar	11.82g		
Protein	20.66g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.06mg	Iron	9.98mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Mozzarella Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47951

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	6 Each	BAKE Cooking Instructions: /u2022 For food safety, quality, and thorough cooking, please follow the instructions below. /u2022 Keep frozen until ready to prepare. *Microwaving not recommended. Due to differences in appliances and quantity prepared, cooking times may vary and require adjustment. Caution-Product will be hot! Check product 1-2 minutes before indicated time. If cheese becomes visible, remove from heat. CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261
SAUCE MRNR DIP CUP	1 Each	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	532502

Preparation Instructions

Cooking Instructions:

Keep frozen until ready to prepare. *Microwaving not recommended. Due to differences in appliances and quantity prepared, cooking times may vary and require adjustment.

Caution-Product will be hot!

Check product 1-2 minutes before indicated time.

If cheese becomes visible, remove from heat.

CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.

Serve 6 mozzarella sticks with one marinara sauce cup each.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	325.00
Fat	11.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	680.00mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	4.00g
Protein	20.00g
Vitamin A 578.00IU	Vitamin C 0.93mg
Calcium 516.00mg	Iron 1.77mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Egg Roll & Pot Stickers

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47953

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR POTSTKR CHIX VEG WGRAIN	3 Each		640331
MINH® Chicken Egg Roll	1 Each		470764
SAUCE TERYK MRND LO SOD	1 Fluid Ounce		176721
SAUCE SWEET SOUR DIP CUP	1 Each		714510

Preparation Instructions

Potstickers:

For food safety and quality, heat before eating to an internal temperature of 165-degree F.

Steam: Pre-heat steamer. Lightly coat a 2" full-size hotel pan with cooking oil spray.

Arrange and space apart 20-24 frozen dumplings into pan without touching.

Steam dumplings uncovered for 8 minutes or until cooked through.

Convection Oven-low fan:

Preheat oven to 350 degrees F. Lightly coat a 2" full-size hotel pan with cooking oil spray.

Arrange and space apart 20-24 frozen dumplings into pan without touching.

Add 1 cup of water.

Cover with foil and bake 20 minutes or until cooked through.

Let stand 2 minutes before serving.

Heating time may vary due to equipment variances.

Refrigerate or discard any unused portion.

Egg Roll:

Cook egg roll according to package instructions. Heat to an internal temperature of 165 degrees F or higher.

Serve 3 Potstickers with teriyaki sauce poured on top together with one egg roll. Offer one sweet & sour dipping cup with the egg roll.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	325.00		
Fat	7.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	47.50mg		
Sodium	1335.00mg		
Carbohydrates	49.50g		
Fiber	4.00g		
Sugar	19.00g		
Protein	18.50g		
Vitamin A	50.00IU	Vitamin C	7.00mg
Calcium	54.95mg	Iron	2.70mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Pinwheel Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47955

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16IN WGRAIN PRIMO	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 7-9 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 3. Place pizza and foil on middle oven rack. 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	665451

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state.

PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F.

1. CONVECTION OVEN: 350°F high fan for 14-16 minutes.
2. Remove frozen pizza from overwrap.
3. Slack the pizza in the cooler a couple of hours before service.
4. Stretch the soft dough into a square shape and roll into a long cylinder shape.
5. Cut the cylinder shape into 8 equal slices.
6. Place the slices on a parchment lined sheet pan.
7. Place pans on middle oven rack.
8. Bake for 14-16 minutes. Pizza is done when cheese is melted and starting to brown.

NOTE: Rotate product half-way through bake time for convection oven.

Due to variances in oven regulators, cooking time and temperature may require adjustments.

Refrigerate or discard any unused portion.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	360.00
Fat	17.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	580.00mg
Carbohydrates	33.00g
Fiber	3.00g
Sugar	9.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 370.00mg	Iron 2.20mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Pinwheel Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47956

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN PRIMO 16IN	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 3. Place pizza and foil on middle oven rack. 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	575522

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state.

PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F.

1. CONVECTION OVEN: 350°F high fan for 14-16 minutes.
2. Remove frozen pizza from overwrap.
3. Slack the pizza in the cooler a couple of hours before service.
4. Stretch the soft dough into a square shape and roll into a long cylinder shape.
5. Cut the cylinder shape into 8 equal slices.
6. Place the slices on a parchment lined sheet pan.
7. Place pan on middle oven rack.
8. Bake for 14-16 minutes. Pizza is done when cheese is melted and starting to brown.

NOTE: Rotate product half-way through bake time for convection oven.

Due to variances in oven regulators, cooking time and temperature may require adjustments.

Refrigerate or discard any unused portion.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	360.00
Fat	16.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	490.00mg
Carbohydrates	35.00g
Fiber	3.00g
Sugar	9.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 441.00mg	Iron 2.10mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken Ramen Bowl

Servings:	40.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47960

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ramen noodle	5 Pound	28 Woodle cakes	481514
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	6 Pound 4 Ounce (100 Ounce)	UNSPECIFIED Not currently available	570533
CARROT MATCHSTICK SHRED	2 Pound 8 Ounce (40 Ounce)		198161
PEAS SWT MXD SV	2 Pound 8 Ounce (40 Ounce)		256935
BROCCOLI CRWN ICELESS	2 Pound 8 Ounce (40 Ounce)		704547
PEPPERS COLORED MIXED ASST	2 Pound 8 Ounce (40 Ounce)		491012
Water	1 Gallon 2 Quart (6 Quart)	READY_TO_DRINK	Water

Preparation Instructions

PIAZZA NUMBERS:

Carrot Matchsticks 02063

6ct Red Peppers 00772

6/3# Broccoli Floret 09107

3# Broccoli Floret 09126

Directions:

Slice red peppers into thin strips.

Cut broccoli into small bite size pieces.

Combine and lightly steam peppers, peas, carrots and broccoli, about 4-5 minutes reaching a minimum temperature of 145 F, until tender. Keep warm.

Use two full size, 4" hotel pans, place a perforated pan inside each.

Place half the amount of Woodles in each pan. Pour over boiling water until fully covered and let stand with lid on for 5 minutes or until it begins to soften.

Lift perforated pan out of the hot water and pour Woodles into two full size, 4" hotel pans. Keep warm.

Take the chicken pieces and spread, single layer, on lined baking sheet. Bake in convection oven at 350 degrees F for about 13 minutes or chicken reaches a temperature of at least 165 F.

Mix chicken and steamed vegetables with Woodles, half in each pan. Gently mix.

Tip: add a small amount of water to the pan to keep it from drying out. Be careful to not stir or agitate the mix too much or the Woodles will break apart.

Serve 2 cups per serving.

SERVING SUGGESTION:

Two- leveled 8oz Spoodles per serving.

Use GFS #241776 bowl (12oz) to serve in.

Meal Components (SLE)

Amount Per Serving

Meat	2.083
Grain	2.000
Fruit	0.000
GreenVeg	0.063
RedVeg	0.222
OtherVeg	0.125
Legumes	0.000
Starch	0.125

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	385.56
Fat	14.35g
SaturatedFat	2.26g
Trans Fat	0.00g
Cholesterol	45.83mg
Sodium	349.10mg
Carbohydrates	28.50g
Fiber	6.14g
Sugar	3.83g
Protein	22.70g
Vitamin A 5326.39IU	Vitamin C 40.95mg
Calcium 22.46mg	Iron 3.09mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48004

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

Preparation Instructions

CONVECTION OVEN: 6-8 MINUTES AT 375°F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400°F FROM FROZEN.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	380.00
Fat	15.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	690.00mg
Carbohydrates	40.00g
Fiber	5.00g
Sugar	4.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 41.00mg	Iron 10.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Big Daddy Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48005

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS WGRAIN PRIMO 16IN	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 6-7 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 3. Place pizza and foil on middle oven rack. 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	575522

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes.

2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil.
3. Place pizza and foil on middle oven rack.
4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted.

NOTE: Rotate product half-way through bake time for convection oven.

Due to variances in oven regulators, cooking time and temperature may require adjustments.

Pizza is done when cheese begins to brown and is completely melted in the middle.

Refrigerate or discard any unused portion.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 160 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	360.00
Fat	16.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	490.00mg
Carbohydrates	35.00g
Fiber	3.00g
Sugar	9.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 441.00mg	Iron 2.10mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Big Daddy Pepperoni Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48006

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA TKY PEPP 16IN WGRAIN PRIMO	1 Slice	BAKE COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes. IMPINGEMENT OVEN: 420°F for 7-9 minutes. CONVENTIONAL OVEN: 1. Preheat oven to 400°F. 2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil. 3. Place pizza and foil on middle oven rack. 4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted. NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.	665451

Preparation Instructions

BAKE

COOK BEFORE EATING. Best if cooked from Frozen state. PREHEAT OVEN. FOR FOOD SAFETY AND QUALITY COOK BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°F. CONVECTION OVEN: 350°F high fan for 14-16 minutes.

1. Preheat oven to 400°F.
2. Remove frozen pizza from overwrap and place on lightly oiled aluminum foil.
3. Place pizza and foil on middle oven rack.
4. Bake for 30 to 32 minutes. Pizza is done when all cheese is melted.

NOTE: Rotate product half-way through bake time for convection oven. Due to variances in oven regulators, cooking time and temperature may require adjustments. Pizza is done when cheese begins to brown and is completely melted in the middle. Refrigerate or discard any unused portion.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 160 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Slice

Amount Per Serving

Calories	360.00
Fat	17.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	580.00mg
Carbohydrates	33.00g
Fiber	3.00g
Sugar	9.00g
Protein	21.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 370.00mg	Iron 2.20mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken and Waffles

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48007

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC	3 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
WAFFLE DUTCH WGRAIN 5IN	1 Each		607351

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	560.00
Fat	28.00g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	45.00mg
Sodium	740.00mg
Carbohydrates	59.00g
Fiber	6.00g
Sugar	13.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 76.00mg	Iron 3.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken and Waffles

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48008

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD WGRAIN FC	3 Piece	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	283951
WAFFLE DUTCH WGRAIN 5IN	1 Each		607351
SUGAR POWDERED 10X 12-2 PION	1/4 Ounce		859740
SYRUP PANCK DIET CUP	1 Each		666785
SAUCE HNY MSTRD DIP CUP	1 Each	BOIL 1. Place bag in rapidly boiling water until internal temp reaches 165°F (approximately 20 minutes thawed or 40 minutes from frozen). 2. CAREFULLY remove HOT bag from boiling water and shake bag until contents are mixed thoroughly. Caution: Bag is HOT, handle with care. 3. CAREFULLY cut the corner of bag and empty contents into serving container. 4. Hold and serve at 150°F.	714500

Preparation Instructions

Dutch Waffle:

Oven: Preheat to 450 degrees F. Bake for 3-4 minutes. Once heated, dust with confectioners' sugar.

Chicken Tenders:

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN.

Serve one Dutch waffle, dusted with powdered sugar and 3 chicken tenders. Offer one pancake syrup cup and one honey mustard cup.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	740.00		
Fat	40.00g		
SaturatedFat	7.50g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	1030.00mg		
Carbohydrates	76.50g		
Fiber	6.00g		
Sugar	26.25g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	80.00mg	Iron	3.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Impossible Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48009

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURGER PLNTBSD 2.78Z 2-28CT IMPBRGR	1 Each		330497
CHEESE AMER 160CT SLCD R/F R/SOD	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	189071
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

Preparation Instructions

Heat burgers in conventional oven, convection oven, griddle or microwave. Heat to an internal temperature of 165 degrees F.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	415.00
Fat	18.00g
SaturatedFat	9.25g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	705.00mg
Carbohydrates	35.00g
Fiber	5.00g
Sugar	4.00g
Protein	27.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 104.50mg	Iron 8.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

PEANUT BUTTER GRAPE JELLY SANDWICH

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48014

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each		516761

Preparation Instructions

THAW AND SERVE

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	600.00
Fat	33.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	530.00mg
Carbohydrates	64.00g
Fiber	7.00g
Sugar	30.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 88.00mg	Iron 2.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

PEANUT BUTTER STRAWBERRY JELLY SANDWICH

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48015

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ STRAWB	1 Each		543822

Preparation Instructions

THAW AND SERVE

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	600.00		
Fat	33.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	530.00mg		
Carbohydrates	64.00g		
Fiber	7.00g		
Sugar	30.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	89.00mg	Iron	2.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Crispy Chicken Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48016

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	558061
LETTUCE ROMAINE CHOP	1 Pint		735787
TOMATO CHERRY	4 Each		169275
DRESSING RNCH BTRMLK PKT	1 Each		266523

Preparation Instructions

Alternative chicken option: 283951 chicken tenders, 3ea per serving.

Dice breaded chicken into small bites, about 1/2-inch pieces.

Cut cherry tomatoes in half lengthwise.

Place lettuce in bottom of container. Spread chicken pieces evenly across lettuce. Top with tomatoes, spread evenly over chicken.

Offer crouton packs with the salad, 4ea per serving. R-48065

Offer dressing on the side.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	469.00
Fat	35.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	782.33mg
Carbohydrates	23.00g
Fiber	5.67g
Sugar	5.33g
Protein	16.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.33mg	Iron 2.84mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48018

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST DCD	1 Ounce		451300
TURKEY HAM DCD 2-5 JENNO	1 Ounce	READY_TO_EAT Fully Cooked - Ready To Eat This product is fully cooked and is "Ready To Eat".	202150
CHEESE CHED MLD SHRD 4-5 LOL	1 Tablespoon	READY_TO_EAT Preshredded. Use cold or melted	150250
TOMATO CHERRY	4 Each		169275
LETTUCE ROMAINE CHOP	1 Pint		735787
PEPPERS GREEN LRG	1 Slice		592315
EGG HARD CKD PLD DRY PK	1/2 Each		853800

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	0.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.250
OtherVeg	0.130
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	141.44
Fat	6.04g
SaturatedFat	2.72g
Trans Fat	0.00g
Cholesterol	115.99mg
Sodium	344.69mg
Carbohydrates	8.39g
Fiber	2.98g
Sugar	4.33g
Protein	14.32g
Vitamin A 68.91IU	Vitamin C 15.64mg
Calcium 98.45mg	Iron 2.82mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Asian Teriyaki Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48020

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK BRD HMSTYL WGRAIN	10 Each	CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen chunks on a parchment lined baking sheet and heat for 6-8 minutes.	394053
SAUCE TERYK MRND LO SOD	2 Ounce		176721
LETTUCE ROMAINE CHOP	1 Pint		735787
ORANGES MAND WHL L/S	1/4 Cup		117897
PEPPERS RED	1/8 Each		597082

Preparation Instructions

Cook breaded chicken according to package instructions. Mix chicken with the teriyaki sauce.

Place the lettuce in the salad container and layer the ingredients on top.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.250
GreenVeg	1.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	417.08
Fat	12.88g
SaturatedFat	2.14g
Trans Fat	0.00g
Cholesterol	57.14mg
Sodium	2351.10mg
Carbohydrates	53.59g
Fiber	3.64g
Sugar	30.28g
Protein	31.51g
Vitamin A 519.97IU	Vitamin C 30.23mg
Calcium 46.59mg	Iron 2.73mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Muffin & Yogurt Bento Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48021

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F	4 Ounce	READY_TO_EAT READY_TO_EAT	885750
MUFFIN BANANA WGRAIN IW	1 Each	MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours. MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed. THAW Store frozen until ready to use. Thaw overnight under refrigeration.	262362
CRACKER GRHM ORIG WGRAIN	1 Package		282451
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	BAKE	680130

Preparation Instructions

may use 262343, 262370 muffins also

may use 869921 yogurt also

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	450.00
Fat	17.50g
SaturatedFat	5.50g
Trans Fat	0.10g
Cholesterol	30.00mg
Sodium	445.00mg
Carbohydrates	63.00g
Fiber	2.00g
Sugar	30.00g
Protein	15.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 312.26mg	Iron 1.51mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Deli Box Meal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48035

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	4 Slice		689541
CHEESE AMER 160CT SLCD R/F	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360
Churro Chips	1 Serving	Place tortilla on a lined baking sheet. Spray with buttery spray and sprinkle 1/2 tsp spice on both sides of the tortilla. Cut into 8 pieces with a pizza cutter. Bake at 325 F for 12 minutes. Serve 8 pc ea.	R-47685
Fruit Salsa	1 Serving	PIAZZA NUMBERS: Strawberries 08082 Red Onion 00049 Red Pepper 00772 Cilantro 00781 Lime juice 81014 Finely chop red onion, red peppers, jalapeno. Dice drained pineapple tidbits into smaller pieces. Cut the strawberries into small pieces. Chop cilantro. Gently mix all ingredients together. Cover and refrigerate 2 hours to allow flavors to blend. Serve 4 oz portions to provide a 1/2 cup fruit serving. Serve R-47685 Churro Chips 4/8 pc ea. (1/2 tortilla) with fruit salsa.	R-47664

Preparation Instructions

Stack the turkey slices, place the cheese slice on top. Roll up and cut in half.

Make the fruit salsa, see R-47664

Serve 4oz fruit salsa, turkey & cheese roll and 1 bag Pita Chips.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	357.70
Fat	7.52g
SaturatedFat	4.75g
Trans Fat	0.00g
Cholesterol	47.50mg
Sodium	807.38mg
Carbohydrates	48.44g
Fiber	4.86g
Sugar	17.48g
Protein	26.67g
Vitamin A 400.03IU	Vitamin C 23.45mg
Calcium 149.64mg	Iron 2.37mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Pancake & Egg Scramble

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48045

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE WGRAIN	2 Each		353705
EGG SCRMBD CKD BTR	1/4 Cup		481492
SYRUP PANCK DIET CUP	1 Each		666785

Preparation Instructions

EGGS:

Convection: Preheat Temp 325°F; Time from Thawed about 25 min; Preheat oven. Knead cooked egg in bag to break up the structure. Empty the contents of one 1.85 lb bag into a half-size steamer pan; cover the pan with aluminum foil. Heat until thoroughly cooked.

Microwave: Place individual bags in the center of microwave cavity. Heat on high power for 1 min 45 sec to 2 min. Remove from microwave and knead cooked egg in bag to break up the structure. Turn bag over, return product to the microwave, and heat for 45 to 60 sec. Based on a 1100 W oven. Product texture will be soft. For a firmer texture, puncture bag prior to heating and/or reheat for an additional 30 seconds.

Steam: Time from Thawed 6 - 7 min; Preheat the steamer. Place individual bags in half-size steamer pan; do not cover. Knead the bag to break the structure before serving.

PANCAKES:

To heat thawed pancakes, place thawed pancakes on a sheet pan in a single layer and tightly seal the pan with foil in a 350 degrees F oven on low fan speed for 3 minutes. To heat frozen pancakes, place frozen pancakes on a sheet pan in a single layer and tightly seal the pan with foil, then bake at 350 degrees F for 6 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	240.00		
Fat	9.00g		
SaturatedFat	1.83g		
Trans Fat	0.00g		
Cholesterol	155.00mg		
Sodium	676.67mg		
Carbohydrates	33.33g		
Fiber	3.33g		
Sugar	6.33g		
Protein	8.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	69.33mg	Iron	2.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Crunch Pie

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48049

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	1/2 Cup	READY_TO_EAT Ready to eat.1. Tear at notch2. Squeeze Yoplait® Low Fat Yogurt into cup	811500
STRAWBERRY WHL IQF	1/2 Cup		244630
ROUND BKFST UBR	1 Each	BAKE HANDLING INSTRUCTIONS: 1. KEEP FROZEN AT 0°F (-18°C) UNTIL READY TO USE. DO NOT CONSUME RAW DOUGH. USE SAFE FOOD HANDLING PROCEDURES. 2. PAN FROZEN DOUGH 3 X 4 ON LINED SHEET PAN. 3. BAKE FROZEN DOUGH UNTIL EDGES ARE GOLDEN BROWN: FOR BEST RESULTS: BAKE IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES. CAN ALSO BE BAKED IN CONVECTION OVEN AT 350°F (175°C), 10 - 12 MINUTES, RACK OVEN AT 350°F (175°C), 10 - 12 MINUTES OR CONVENTIONAL OVEN AT 350°F (175°C) (MIDDLE RACK), FOR 14 - 16 MINUTES. FOR SQUARE SHAPED PRODUCT: PAN FROZEN DOUGH 6 X 8 ON LINED SHEET PAN. BAKE FROZEN DOUGH IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES. 4. REMOVE FROM OVEN AND COOL ON SHEET PAN.	794230

Preparation Instructions

Bake UBR.

CONVECTION OVEN 300°F APPROX 10-12 MINUTES, RACK OVEN 300°F APPROX 12-14 MINUTES. REMOVE FROM OVEN AND COOL SHEET PAN.

When UBR is cooled enough to touch, cut it in half and press each half into the bottom of a muffin pan cup.

Place 2oz yogurt on top of each of the UBR bottoms, top each with 2oz fruit and place in freezer to harden. Approximately 30 min.

Serve two crunch pies each per serving.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	378.84
Fat	7.15g
SaturatedFat	2.37g
Trans Fat	0.05g
Cholesterol	10.73mg
Sodium	261.00mg
Carbohydrates	70.63g
Fiber	8.00g
Sugar	35.92g
Protein	9.03g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 175.69mg	Iron 2.04mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48051

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 6IN	1 Each		882690
SAUSAGE TKY LNK BKFST CKD	1 Each	GRILL This is a raw product. This product is not ready to eat. It is designed to be heated to 165°F before serving. Verify temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Flat Grill Preheat to 350°F. Place frozen portion on grill. After the portion has cooked through about half its thickness, approximately 1-2 minutes, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasoning. Continue to cook the meat another 1-3 minutes. Meat should have a firm, cooked appearance.	352740
EGG SCRMBD CKD BTR	0.03 Cup		481492
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250

Preparation Instructions

Place wrap in warmer to soften, keep wrapped in plastic or wrapper or it will dry out.

Cook scrambled eggs according to directions.

Cook sausage link according to directions.

Place 2oz egg scramble in center of tortilla

Place 1 sausage link in center of tortilla, on top of egg scramble

Top with shredded cheese.

Roll into a wrap

Meal Components (SLE)

Amount Per Serving

Meat	1.250
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	188.30
Fat	10.09g
SaturatedFat	4.68g
Trans Fat	0.00g
Cholesterol	56.10mg
Sodium	240.10mg
Carbohydrates	15.49g
Fiber	2.00g
Sugar	1.12g
Protein	10.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 78.07mg	Iron 1.48mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Fruity Waffle

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-48054

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY WHL IQF	1/2 Cup		244630
WAFFLE DUTCH WGRAIN 5IN	1 Each		607351
TOPPING WHIP I/BG SGR FR	1 Tablespoon	READY_TO_EAT On Top® tastes great with these menu favorites Hot & Cold Specialty Coffees . Pies . Milkshakes . Sundaes . Parfaits . Layered Desserts . Dips . Mousses . Waffles 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 1 YEAR FROZEN or 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. 35°F KEEP REFRIGERATED THAW HANDLING INSTRUCTIONS 1. OPEN BAG ON DOTTED LINE 2. PUSH THROUGH PERFORATION TO POSITION TIP 3. TWIST TOP OF BAG 4. SQUEEZE & TWIST TOP OF BAG TO DISPENSE STORAGE: ARRIVES FROZEN. THAW IN REFRIGERATOR OVERNIGHT AS NEEDED. NEVER REFREEZE. SHELF LIFE: 2 WEEKS REFRIGERATED Do not knead frozen or thawed bag. PERISHABLE. KEEP REFRIGERATED. SHIPPER: KEEP FROZEN	699101

Preparation Instructions

Waffle:

Oven: Preheat to 450 degrees F. Bake for 3-4 minutes.

Top waffle with 4oz fruit, spritz whip topping on top of fruit.

Serve one each.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	337.55		
Fat	13.95g		
SaturatedFat	3.95g		
Trans Fat	0.01g		
Cholesterol	20.00mg		
Sodium	350.85mg		
Carbohydrates	49.50g		
Fiber	4.50g		
Sugar	15.50g		
Protein	4.55g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	51.12mg	Iron	2.30mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Sweet Thai Chili Ramen Bowl

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48059

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ramen noodle	2 Ounce	1 woodle cake is 3 oz	481514
SAUCE CHILI SWEET THAI	1/8 Cup	READY_TO_EAT Best used at room temperature.	212176
EDAMAME SHELLLED	1 Ounce		312928
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	3 Ounce	UNSPECIFIED Not currently available	570533
Carrot Matchstick 5#	1 Ounce		
PEPPERS RED 11# P/L	1 Ounce		188583
BROCCOLI FLORET BITE SZ 4-3# RSS	1 Ounce		966401

Preparation Instructions

PIAZZA NUMBERS:

Carrot Matchsticks 02063

6ct Red Peppers 00772

6/3# Broccoli Floret 09107

3# Broccoli Floret 09126

Directions:

Slice red peppers into thin strips.

Cut broccoli into small bite size pieces.

Combine and lightly steam peppers, edamame, carrots and broccoli, about 4-5 minutes reaching a minimum temperature of 145 F, until tender. Keep warm.

Use two full size, 4" hotel pans, place a perforated pan inside each.

Place half the amount of Woodles in each pan. Pour over boiling water until fully covered and let stand with lid on for 5 minutes or until it begins to soften.

Lift perforated pan out of the hot water and pour Woodles into two full size, 4" hotel pans, add half of the Chili sauce and gently mix. Keep warm.

Toss chicken pieces in remaining Chili sauce until covered and spread, single layer, on lined baking sheet. Bake in convection oven at 350 degrees F for about 13 minutes or chicken reaches a temperature of at least 165 F. The sauce on the chicken should be lightly caramelized.

Mix chicken and steamed vegetables with Woodles, half in each pan. Gently mix.

Tip: add a small amount of water to the pan to keep it from drying out. Be careful to not stir or agitate the mix too much or the Woodles will break apart.

Serve 2 cups per serving.

SERVING SUGGESTION:

Two- leveled 8oz Spoodles per serving.

Meal Components (SLE)

Amount Per Serving

Meat	2.985
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.260
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Cup

Amount Per Serving

Calories	467.16		
Fat	15.87g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	55.00mg		
Sodium	731.25mg		
Carbohydrates	41.33g		
Fiber	5.60g		
Sugar	14.53g		
Protein	26.88g		
Vitamin A	120.38IU	Vitamin C	0.83mg
Calcium	27.82mg	Iron	3.40mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Sweet Thai Chili Ramen Bowl

Servings:	1.00	Category:	Entree
Serving Size:	2.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48064

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ramen noodle	2 Ounce	1 woodle cake is 3 oz	481514
SAUCE CHILI SWEET THAI	1/8 Cup	READY_TO_EAT Best used at room temperature.	212176
EDAMAME SHELLLED	4 Ounce	4oz = 2m/ma	312928
Carrot Matchstick 5#	1 Ounce		
PEPPERS RED 11# P/L	1 Ounce		188583
BROCCOLI FLORET BITE SZ 4-3# RSS	1 Ounce		966401

Preparation Instructions

PIAZZA NUMBERS:

Carrot Matchsticks 02063

6ct Red Peppers 00772

6/3# Broccoli Floret 09107

3# Broccoli Floret 09126

Directions:

Slice red peppers into thin strips.

Cut broccoli into small bite size pieces.

Combine and lightly steam peppers, carrots and broccoli, about 4-5 minutes reaching a minimum temperature of 145 F, until tender. Keep warm.

Use two full size, 4" hotel pans, place a perforated pan inside each.

Place half the amount of Woodles in each pan. Pour over boiling water until fully covered and let stand with lid on for 5 minutes or until it begins to soften.

Lift perforated pan out of the hot water and pour Woodles into two full size, 4" hotel pans, add half of the Chili sauce and gently mix. Keep warm.

Toss edamame in remaining Chili sauce until covered and spread, single layer, on lined baking sheet. Bake in convection oven at 350 degrees F for about 3 minutes or edamame reaches a temperature of at least 145 F. The sauce should be lightly caramelized.

Mix edamame and steamed vegetables with Woodles, half in each pan. Gently mix.

Tip: add a small amount of water to the pan to keep it from drying out. Be careful to not stir or agitate the mix too much or the Woodles will break apart.

Serve 2 cups per serving.

SERVING SUGGESTION:

Two- leveled 8oz Spoodles per serving.

Meal Components (SLE)

Amount Per Serving

Meat	1.940
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.260
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Cup

Amount Per Serving

Calories	395.37		
Fat	13.49g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	631.62mg		
Carbohydrates	44.98g		
Fiber	8.51g		
Sugar	15.70g		
Protein	14.70g		
Vitamin A	120.38IU	Vitamin C	0.83mg
Calcium	56.92mg	Iron	4.14mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Croutons

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48065

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CROUTON CHS GARL WGRAIN	4 Package	READY_TO_EAT Ready to use.	661022

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.00
Fat	8.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	600.00mg
Carbohydrates	36.00g
Fiber	0.00g
Sugar	4.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 36.00mg	Iron 4.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Bosco Sticks with Marinara

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48070

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD WGRAIN 6IN	2 Each		235411
SAUCE SPAGHETTI FCY	2 1/2 Ounce	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	852759
CHEESE PARM GRTD	1 Teaspoon		445401
PAN COAT SPRAY BUTTERY	1 Gram		555752

Preparation Instructions

Breadstick:

Place breadsticks on lined sheet pan, single layer. Spray with buttery spray and sprinkle parmesan cheese on top.

BAKE AT 350 DEGREES FOR 12 TO 15 MINUTES.

Serve two each per serving together with 2.5oz marinara sauce cupped up in a separate container.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	339.17
Fat	10.75g
SaturatedFat	5.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	739.17mg
Carbohydrates	40.25g
Fiber	6.08g
Sugar	6.17g
Protein	23.08g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 482.58mg	Iron 2.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Hamburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48072

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD 2.25Z 6-5 JTM	1 Each	BAKE FROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM.	655482
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

Preparation Instructions

Beef Patty

FROM FROZEN (0-10 Degrees):

Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350-degree F preheated oven and set timer for 7-9 minutes.

Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer.

Place cooked beef patty in between bun slices.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	280.50
Fat	11.60g
SaturatedFat	3.90g
Trans Fat	0.58g
Cholesterol	36.00mg
Sodium	391.40mg
Carbohydrates	26.00g
Fiber	2.80g
Sugar	3.00g
Protein	17.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.00mg	Iron 9.44mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48073

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD LO SOD 2.25Z 6-5 JTM	1 Each	BAKE FROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM.	655482
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474
CHEESE AMER 160CT SLCD R/F	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360

Preparation Instructions

Beef Patty

FROM FROZEN (0-10 Degrees):

Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350-degree F preheated oven and set timer for 7-9 minutes.

Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer.

Place cooked beef patty in between bun slices, top beef patty with one slice of cheese.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	315.50
Fat	13.60g
SaturatedFat	5.15g
Trans Fat	0.58g
Cholesterol	43.50mg
Sodium	601.40mg
Carbohydrates	27.00g
Fiber	2.80g
Sugar	3.50g
Protein	21.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 122.00mg	Iron 9.44mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Beef Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48075

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3 1/6 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
SAUCE CHS QUESO BLANCO FZ	2 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722110
CHIP TORTL RND WGRAIN	1 3/5 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741
LETTUCE SHRD TACO 1/8CUT	1/8 Cup		242489
SALSA 103Z	2 1/2 Ounce		452841
SOUR CREAM L/F	2 Ounce		534331
PEPPERS JALAP SLCD	1 Ounce		499943

Preparation Instructions

Heat taco meat according to packaged instructions. KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

Heat queso sauce according to packaged instructions. KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

Serve on top of tortilla chips. Provide vegetables, sour cream, salsa as toppings.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.130
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	550.00
Fat	28.00g
SaturatedFat	11.00g
Trans Fat	0.01g
Cholesterol	73.00mg
Sodium	1440.40mg
Carbohydrates	50.26g
Fiber	6.39g
Sugar	7.84g
Protein	24.70g
Vitamin A 400.00IU	Vitamin C 0.00mg
Calcium 389.30mg	Iron 4.45mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48076

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP FAJT SEAS FC 6-5# TYS	3 Ounce		349047
SEASONING TACO SLT FR	1/2 Teaspoon		605062
SAUCE CHS QUESO BLANCO FZ	2 Ounce	BOIL KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.	722110
CHIP TORTL RND WGRAIN	1 3/5 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741
LETTUCE SHRD TACO 1/8CUT	1/8 Cup		242489
SALSA 103Z	3 Ounce		452841
SOUR CREAM L/F	2 Ounce	GRILL Defrost 24 hours before consumption in refrigerator. Cook thoroughly	534331
PEPPERS JALAP SLCD	1 Ounce		499943

Preparation Instructions

Heat Chicken according to package instructions, Convection Oven: 25-30 minutes at 325 degrees F from frozen. mix well with taco seasoning.

Heat queso cheese according to packet instructions, KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

Serve with tortilla chips. Provide vegetables, sour cream, salsa for toppings

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL

TEMPERATURE OF 40 DEGREES F

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.130
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	576.90		
Fat	30.20g		
SaturatedFat	11.20g		
Trans Fat	0.01g		
Cholesterol	119.00mg		
Sodium	1514.37mg		
Carbohydrates	49.26g		
Fiber	4.64g		
Sugar	6.17g		
Protein	27.90g		
Vitamin A	400.00IU	Vitamin C	0.00mg
Calcium	340.30mg	Iron	5.05mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Vegetarian Beef Nachos

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48079

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PLNTBSD GRND BULK	2 Ounce		371530
SEASONING TACO SLT FR	1/2 Teaspoon		605062
SAUCE CHS QUESO BLANCO FZ	2 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722110
CHIP TORTL RND WGRAIN	1 3/5 Ounce	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Store remaining product in airtight container to keep fresh	739741
LETTUCE SHRD TACO 1/8CUT	1/8 Cup		242489
SALSA 103Z	3 Ounce	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841
SOUR CREAM L/F	2 Ounce	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331
PEPPERS JALAP SLCD	1 Ounce		499943

Preparation Instructions

Heat plant-based meat according to packaged instructions. Defrost product prior to use and store refrigerated for a maximum of 10 days. Heat in pan over medium-high heat and cook 3-5 minutes, stir occasionally, add seasoning as desired. Season with Taco Seasoning.

Heat queso cheese according to packaged instructions. KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

Serve plant-based meat and cheese on top of tortilla chips. Provide vegetables, sour cream, salsa for toppings.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.168
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	576.90
Fat	32.20g
SaturatedFat	11.70g
Trans Fat	0.01g
Cholesterol	39.00mg
Sodium	1359.37mg
Carbohydrates	49.76g
Fiber	5.64g
Sugar	6.17g
Protein	21.90g
Vitamin A 400.00IU	Vitamin C 0.00mg
Calcium 389.30mg	Iron 5.05mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Sandwich with Toppings

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48080

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOTSPCY BRD 3.75Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474
LETTUCE SHRD TACO 1/8CUT	1/8 Cup		242489
TOMATO 6X7 MED	1 Slice		315133
PICKLE DILL SLCD HAMB 2900CT	2 Slice		149209

Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 375 DEGREES F. BAKE CHICKEN BREASTS FOR 6-8 MINUTES.
 CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.
 CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.
 CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	349.40		
Fat	12.10g		
SaturatedFat	2.03g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	758.12mg		
Carbohydrates	36.01g		
Fiber	3.64g		
Sugar	5.42g		
Protein	24.40g		
Vitamin A	374.85IU	Vitamin C	6.17mg
Calcium	21.80mg	Iron	9.12mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Grilled Chicken Bacon Swiss Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48094

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD 3Z	1 Each	CONVECTION Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. MICROWAVE Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
BACON TKY CKD	1/3 Ounce		834770
CHEESE SWS 160CT SLCD PROC	1 Slice		164348
DRESSING RNCH LT	1 Ounce	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	472999
4" Wg Rich Hamburger Bun	1 bun	BAKE Toast if desired	3474

Preparation Instructions

Chicken:

CONVECTION OVEN: PLACE THE BREAST FILLETS ON A LINED NON-STICK SHEET PAN WITH A SMALL AMOUNT OF WATER. COMPLETELY COVER WITH FOIL. PREHEAT OVEN TO 350 DEGREES F AND BAKE FOR APPROXIMATELY 16-20 MINUTES.

Bacon:

CONVECTION OVEN: PREHEAT OVEN TO 350°F. PLACE 16 SLICES OF BACON ON A COOKIE SHEET IN A SINGLE LAYER. PLACE RACK IN CENTER OF OVEN. HEAT FOR 1-2 MINUTES.

Spread ranch on inside of both bun halves. Layer on top of bottom half, chicken, Swiss cheese, bacon. Place top half of bun on top.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	419.60
Fat	14.14g
SaturatedFat	3.66g
Trans Fat	0.00g
Cholesterol	89.05mg
Sodium	1114.60mg
Carbohydrates	38.00g
Fiber	2.00g
Sugar	5.50g
Protein	32.80g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.50mg	Iron 9.12mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Empanada

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48101

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH PIZZA SHTD WGRAIN	100 Each		863913
BEANS BLACK LO SOD	15 Pound		231981
CORN CUT SUPER SWT	1 Pound		851329
CHEESE CHED MLD SHRD 4-5 LOL	6 Pound	READY_TO_EAT Preshredded. Use cold or melted	150250
SPICE CUMIN GRND	1 Fluid Ounce		273945
OIL BLND CANOLA/XVGRN 80/20	1 Fluid Ounce		645182
SALT SEA	2 Teaspoon		748590
SPICE CHILI POWDER MILD	1 Tablespoon		331473
SPICE PAPRIKA SPANISH	1 Teaspoon		225002
SEASONING ANCHO CHILI	1 Teaspoon		748570
SPICE PARSLEY FLAKES	1 Teaspoon		513989

Preparation Instructions

Thaw the calzone dough

Drain and rinse the black beans

Preheat oven to 350 degrees

Mix all ingredients together except the calzone dough, and the paprika, parsley and half the salt.

Scoop 1/4 cup of the mixture on each calzone dough.

Fold dough over mix and crimp dough down.

Place 20 empanadas per 1 sheet pan.

Brush empanadas with oil.

Sprinkle spices (paprika, parsley & the remaining half of the salt) over the empanadas.

Using a fork or knife, poke vent holes in top of empanadas.

For later service: Place empanadas in freezer.

Slack empanadas for about 30 minutes prior to cooking

Bake in 350-degree oven on low fan for approximately 20 minutes or until golden brown and internal temp is 145 degrees.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 145 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	426.59
Fat	10.55g
SaturatedFat	6.08g
Trans Fat	0.01g
Cholesterol	28.80mg
Sodium	536.58mg
Carbohydrates	59.10g
Fiber	10.47g
Sugar	5.40g
Protein	22.43g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 300.80mg	Iron 4.09mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Buffalo Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48114

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG Buffalo Chicken Stuffed Sandwich	1 Each		845745

Preparation Instructions

Cook to an internal temperature of 165 degrees F. Convection Oven: Preheat oven to 325 degrees F, high fan. Leave frozen product in plastic wrapper and place on a baking sheet. Bake for 26 to 29 minutes. Rotate product halfway through bake time. Allow product to rest in wrapper at least 4 minutes. Remove from wrapper and serve.

Note: Increased bake time is needed for additional product.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	230.00
Fat	9.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	500.00mg
Carbohydrates	25.00g
Fiber	2.00g
Sugar	3.00g
Protein	14.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 198.40mg	Iron 1.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Cheese Crunchers

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48115

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR PIZZA CHS CRUNCHER 8-3.125	4 Each	BAKE Cooking Instructions: Keep frozen until ready to prepare. Due to differences in appliances, cooking times may vary and require adjustment. If cheese becomes visible, remove from heat. Caution - product will be hot! CONVECTION OVEN: 1. Preheat oven to 350F. 2. Arrange product in a single layer on lined baked sheet. 3. Bake 15-16 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143271
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each		677721

Preparation Instructions

BAKE (CONVECTION): PREHEAT OVEN TO 350 DEGREES F.

BAKE 11-13 MINUTES.

LET STAND 2 MINUTES BEFORE SERVING.

DUE TO DIFFERENCES IN APPLIANCES, COOKING TIMES MAY VARY AND REQUIRE ADJUSTMENT.
CAUTION CHEESE STICKS WILL BE HOT!

Serve 4 each per serving together with one Marinara Sauce cup.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	470.00
Fat	21.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	910.00mg
Carbohydrates	51.00g
Fiber	6.00g
Sugar	9.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 427.00mg	Iron 2.91mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Smothered Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48119

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610
TACO FILLING BEEF REDC FAT 6-5 COMM	2 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722330
SAUCE CHS QUESO BLANCO FZ	3 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	722110
SALSA 103Z	2 1/2 Ounce	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841
RICE BROWN WGRAIN	1/4 Cup		231059

Preparation Instructions

Thaw beef taco meat overnight in refrigerator. Steam the taco meat, keeping it in the bag, for approximately 20 minutes, or until the internal temperature reaches 165 F.

Prepare brown rice: Lightly coat full size 2-inch steam table pan with food release spray. For 50 servings use 1 pan, for 100 servings use 2 pans.

Add 2lb of brown rice and 2qt 1 pint water to the pan. Steam, uncovered, for approximately 25 minutes until rice is al dente and has reached a temperature of 165 F or more for at least 15 seconds.

Hold at 135 F or higher until ready to prepare burritos.

Hold tortillas in warmer, in packaging as to not dry out, on a lined sheet pan until ready to use.

Combine cooked rice and salsa and half the queso cheese. Mix well.

Place warm tortilla on a flat surface. Using a No 16 scoop, place 2oz of the taco meat on the lower half of the tortilla.

Place 3oz of the rice, cheese, salsa mixture on the taco meat on the tortilla.

Pull up the bottom of the tortilla and tuck it under the mixture. Fold the sides and tightly roll the burrito.

Place the rolled burrito in serving tray and ladle 1.5 oz queso cheese on top.

Serve one each.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.750
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	608.76
Fat	23.43g
SaturatedFat	12.54g
Trans Fat	0.02g
Cholesterol	64.95mg
Sodium	1161.64mg
Carbohydrates	73.65g
Fiber	6.41g
Sugar	4.93g
Protein	27.13g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 391.55mg	Iron 5.22mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Hashbrown Breakfast Bowl

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48120

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN DEHY	1/2 Cup	GRILL 1: Add hot water (140-150°F) to fill line (about 1 gallon). Close carton. 2: Allow refresh of 20 minutes. 3: Drain. Transfer to holding pan, cover (refrigerate if not grilled immediately). 4: On a well-oiled grill at 375°F, cook on one side for 2-4 minutes or until edges are golden brown. [Alternate] OVERNIGHT REFRESH OPTION: (Leave 1" space between cartons.) Add cold water to fill line, close and refrigerate overnight. Note: Results in firmer hashbrowns. OVEN OPTION: In a full size sheet pan, fold 1 1 2-cups butter into refreshed hashbrowns, spread evenly, season to taste. Bake. Convection: 450° F for 8-10 min. Conventional: 525°F for 12-15 min.	124672
EGG SCRMBD CKD BTR	2 Ounce		481492
SAUCE CHS ULTIM YEL POU6-106Z LOL	1/4 Cup		310668
BACON TKY CKD	1/2 Ounce		834770
BEEF CRMBL CKD IQF 6-5# JTM	1 Ounce	BAKE For best results, thaw product in cooler (less than 40F) for 48 -72 hrs. From thawed state1. Add thawed Beef Crumbles to the unheated desired sauce 2. Add desired seasoning, spices and vegetables3. Bring up to 160 degrees F.4. Simmer the finished product for 30 min to 1 hour5. Hold hot for service or place into service *Note - Cooking times may vary with equipment	661940
PEPPERS RED	1 Ounce		597082
DONUT HOLE GLZD PULL APART IW 80-2.5Z	1 Each		371398

Preparation Instructions

Hashbrown:

- 1: Add hot water (140-150°F) to fill line (about 1 gallon). Close carton.
- 2: Allow refresh of 30 minutes.

3: Drain. Transfer

to holding pan, cover (refrigerate if not grilled immediately).

4: We recommend on a well-oiled grill at 375°F, cook on

one side for 2-4 minutes or until edges are golden brown. OVERNIGHT REFRESH OPTION: (Leave 1 " space between

cartons.) Add hot water (140°-150°F) to fill line, close and refrigerate overnight. OVEN OPTION: In a full-size sheet pan, fold 1 1/2-cups butter into refreshed hashbrowns, spread evenly, season to taste. Bake. Convection: 450° F for 8-

10 min. Conventional: 525°F for 12-15 min.

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	1.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	716.52
Fat	33.39g
SaturatedFat	13.24g
Trans Fat	0.30g
Cholesterol	198.90mg
Sodium	1215.02mg
Carbohydrates	74.17g
Fiber	4.59g
Sugar	12.07g
Protein	28.00g
Vitamin A 760.41IU	Vitamin C 44.21mg
Calcium 254.11mg	Iron 3.42mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Balanced Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48121

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE COTTAGE SML 1	1/2 Cup	READY_TO_EAT Served as a side dish, used in a recipe or paired with fresh fruits.	329487
EGG HARD CKD PDL 12-12CT	1/2 Each		427078
PINEAPPLE TIDBITS IN JCE	1/2 Cup	READY_TO_EAT Ready to Eat	509221
BREAD BANANA IW 75-3.45Z SUPBAK	1 Each	PREPARED	319413

Preparation Instructions

Scoop 4oz cottage cheese and place in serving container.

Scoop 4oz drained pineapple tidbits and place next to the cottage cheese.

Add one half of a cooked egg, cut lengthwise.

Cover container with lid and serve with the IW Banana Bread slice.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	425.00
Fat	11.25g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	92.50mg
Sodium	640.00mg
Carbohydrates	66.00g
Fiber	3.00g
Sugar	43.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 262.00mg	Iron 1.90mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48125

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST HOTSPCY BRD 3.75Z	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen filets on a parchment lined baking sheet. Heat for 16 to 19 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place frozen filets on a parchment lined baking sheet. Heat for 14 to 17 minutes.	525490
LETTUCE ROMAINE CHOP	1 Cup		735787
CHEESE CHED MLD SHRD 4-5 LOL	1/14 Cup	READY_TO_EAT Preshredded. Use cold or melted	150250
TOMATO ROMA DCD 3/8IN	1 Ounce		786543
TORTILLA WHLWHE 10IN	1 Each	HEAT_AND_SERVE HEAT AND SERVE	456330
DRESSING RNCH LT	1 Tablespoon	READY_TO_EAT This ready-to-use dressing simplifies back-of-house prep. Easily customize this dressing by adding extra dill to enhance the dressing's tangy flavor. Create flavorful, leafy salads or a custom dipping sauce to your signature buffalo hot wings.	472999

Preparation Instructions

Bake Spicy Chicken Patty according to the instructions on the packaging.

Chop cooled spicy chicken patty into 1/2" pieces.

Cut up lettuce into smaller pieces.

Mix the romaine lettuce with the dressing.

Place warm tortilla on a flat surface. Place the ingredients on the lower half of the tortilla. Fold in the sides of the tortilla, then fold the bottom half tortilla up and tuck, roll into a tight roll, seam side facing down.

Cut wrap in half, place in container, and store in cooler until service.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF

135 DEGREES F.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	3.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	490.80
Fat	19.77g
SaturatedFat	5.18g
Trans Fat	0.00g
Cholesterol	55.90mg
Sodium	833.20mg
Carbohydrates	51.78g
Fiber	6.33g
Sugar	4.67g
Protein	28.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 75.72mg	Iron 51.48mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Chicken Caesar Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48129

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP	1 Cup		735787
CHIX BRST FLLT GRLLD 3Z	1 Each	CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 17-21 minutes. MICROWAVE PREPARATION: Appliances vary, adjust accordingly. Microwave Oven From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	185033
CHEESE MOZZ SHRD	1/8 Cup	READY_TO_EAT Preshredded. Use cold or melted.	645170
TORTILLA WHLWHE 10IN	1 Each	HEAT_AND_SERVE HEAT AND SERVE	456330
DRESSING CAESAR CARDINI	1 Tablespoon		776866

Preparation Instructions

Cook and cool chicken for later use. Dice into small pieces.

Mix the romaine lettuce with the dressing.

Place warm tortilla on a flat surface. Place the ingredients on the lower half of the tortilla. Fold in the sides of the tortilla, then fold the bottom half tortilla up and tuck, roll into a tight roll, seam side facing down.

Cut wrap in half, place in container, and store in cooler until service.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

CCP: COLD FOODS HELD FOR LATER SERVICE MUST NOT EXCEED A MAXIMUM INTERNAL TEMPERATURE OF 40 DEGREES F

Meal Components (SLE)

Amount Per Serving

Meat	3.250
Grain	2.500
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	466.80
Fat	20.12g
SaturatedFat	5.07g
Trans Fat	0.00g
Cholesterol	82.80mg
Sodium	938.60mg
Carbohydrates	38.02g
Fiber	5.00g
Sugar	2.52g
Protein	34.14g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 136.60mg	Iron 51.36mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Waffles and Sausage Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48132

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE WGRAIN	2 Each	READY_TO_EAT Convection Oven: Pre-heat to 350F. Remove waffles from the bag. Place frozen waffles in a single layer on an ungreased baking sheet. Bake 5-7 minutes and check (bake until lightly toasted, do not over bake) Leave uncovered in warmer for no more than 15-20 minutes before serving. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	138652
SAUSAGE PTY TKY CKD 1Z	1 Each		184970
CHEESE AMER 160CT SLCD R/F	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	722360

Preparation Instructions

Waffle:

Convection Oven: Pre-heat to 350 degrees F. Remove waffles from the bag. Place frozen waffles in a single layer on an ungreased baking sheet. Bake 5-7 minutes and check (bake until lightly toasted, do not over bake). Leave uncovered in warmer for no more than 15-20 minutes before serving.

Storage: 2 hours at ambient. 6 days refrigeration, 365 days frozen shelf life.

Sausage:

Preheat combination oven to 325°F. Position patties in a single layer about 1" apart on shallow baking pan. Cook for 4-5 minutes and until internal temperature reaches 140°F. as measured by a meat thermometer.

Foodservice Convection Oven:

Preheat convection oven to 375°F. Position patties in a single layer about 1" apart on shallow baking pan. Cook for 4-5 minutes and until internal temperature reaches 140°F. as measured by a meat thermometer.

Assemble the sausage patty between two waffles, place one slice of cheese on sausage.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	275.00
Fat	12.00g
SaturatedFat	2.25g
Trans Fat	0.00g
Cholesterol	47.50mg
Sodium	570.00mg
Carbohydrates	29.00g
Fiber	2.00g
Sugar	4.50g
Protein	13.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 2.36mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

CALZONETTES-BEEF PEPPERONI

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48367

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CALZONE PIZZA MINI PEPP WHE	3 Piece		527950

Preparation Instructions

BAKE:

Keep Frozen | Not Ready-To-Eat

Cook to an internal temperature of 165° F as measured by a food thermometer.

For best results, thaw up to 2 hours prior to cooking. Do not refreeze.

Cook for 8-10 minutes in a 350° F convection oven.

CAUTION: Item will be hot. Let stand for 2 minutes

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	300.00
Fat	10.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	620.00mg
Carbohydrates	35.00g
Fiber	2.00g
Sugar	6.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 263.00mg	Iron 2.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

French Toast and Sausage

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48368

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST BITES WGRAIN	6 Piece		391073
SAUSAGE TKY LNK BKfst CKD	2 Each	GRILL This is a raw product. This product is not ready to eat. It is designed to be heated to 165°F before serving. Verify temperature with a meat thermometer, as cooking times will vary due to differences in appliances and weight of product. Flat Grill Preheat to 350°F. Place frozen portion on grill. After the portion has cooked through about half its thickness, approximately 1-2 minutes, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasoning. Continue to cook the meat another 1-3 minutes. Meat should have a firm, cooked appearance.	352740
GLAZE DONUT HNY DIPT	2 Fluid Ounce		613789

Preparation Instructions

French toast bites:

Heat in oven at 375 degrees F for 2-3 minutes. Finish: Glaze immediately, or ice when cool.

Sausage Links:

Bake in convection oven: Frozen: in a 350F oven, bake for 10-12 minutes or until it reaches a temperature of 165F or higher.

Bake in Combi oven: Frozen: in a 350F bake & 50% steam for 10-12 minutes or until it reaches a temperature of 165F or higher.

Serve 6 French toast bites with two sausage links.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	759.50
Fat	32.00g
SaturatedFat	11.99g
Trans Fat	0.00g
Cholesterol	99.99mg
Sodium	720.00mg
Carbohydrates	102.00g
Fiber	2.00g
Sugar	75.95g
Protein	15.99g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 16.86mg	Iron 2.58mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Pancake with Sausage

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48369

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
SAUSAGE PTY TKY CKD 1Z	2 Each		184970
SYRUP PANCK DIET CUP	1 Each		666785

Preparation Instructions

Confetti Pancake:

Convection Oven: Preheat oven to 350 degrees F.

Place frozen pouches, picture side up, in a single layer on lined baking sheet.

Heat for 9-10 minutes.

Do not exceed 350 degrees F.

Do not allow pouches to contact any interior oven surfaces.

Bake times will vary by oven load and type.

Pull pouch apart carefully to remove heated product

Turkey Sausage:

Convection Oven: Preheat oven to 350 degrees F.

Place frozen sausage in a single layer on lined baking sheet.

Heat for 9-10 minutes.

Serve one pancake pack with two sausage patties. Offer one syrup cup.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	350.00		
Fat	15.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	260.00mg		
Carbohydrates	40.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available